

MAKE A GREAT PLATE.

A refreshing combination of sweet and tangy flavors.

Grilled Strawberries with Lemon-Mint Glaze

INGREDIENTS

4 cups ripe **strawberries**, stemmed and halved

2 tsp **extra-virgin olive oil**

2 tbsp **lemon juice**

1 tbsp real **maple syrup**

½ cup **mint leaves**, freshly chopped

DIRECTIONS

Preheat grill pan to medium. **Brush** strawberries with oil and place on grill pan, cooking about two minutes per side, using tongs to flip over to the other side. **In** small bowl, combine lemon juice, maple syrup and mint. **Pour** sauce over warm berries and serve.

Makes 4 servings. Each: 84 calories | 1g protein | 3g total fat | 15g carbohydrate | 10g sugar | 4g fiber | 6mg sodium

