

Grilled Apples with Cheese & Honey



Dessert meets the cheese plate when you drizzle grilled apples and flavorful cheese with honey and toasted pecans for a quick and healthy finish to any meal for two. This is a good chance to try some exotic honeys — their nuances will shine in this simple dessert.

Ingredients

- 1 large or 2 small tart apples, peeled and sliced into ½-inch-thick rounds
- 2 teaspoons almond or canola oil
- 1 teaspoon confectioners' sugar
- 1 ounce sharp Cheddar or Parmigiano-Reggiano cheese
- 2 tablespoons chopped pecans, toasted
- 4 teaspoons honey

Instructions

1. Preheat grill or grill pan to medium heat. Toss apple slices with oil and sugar in a large bowl. Grill the apple slices until just tender and lightly marked, turning once, about 6 minutes total. Shave cheese into thin strips with a vegetable peeler. Top the apple slices with a sprinkling of cheese and nuts and drizzle with honey.

Yield:
2 servings

Active Time:
20 minutes

Total Time:
20 minutes

Nutrition Per Serving

263 Calories, Total Fat: 14 g, Saturated Fat: 3 g, Cholesterol: 14 mg, Carbohydrates: 31 g, Fiber: 4 g, Total Sugars: 24 g, Protein: 4 g, Sodium: 94 mg, Potassium: 194 mg, Iron: 0 mg, Folate: 9 mcg, Calcium: 112 mg, Vitamin A: 127 IU, Vitamin C: 0 mg

Carbohydrate Servings: 2

Make Ahead Tips:

Let your cheese come to room temperature before serving for the best flavor.