



Grilled Grapefruit with Yogurt

Grilled grapefruit has a slight caramelized sweetness, a great breakfast option with a dollop of creamy Greek yogurt

Yield: 1

1/2 each Fresh Grapefruit

1 tsp Olive Oil

2 tbsp Plain Fat Free Greek Yogurt



Cut grapefruit in half. Brush lightly with oil and sear on the griddle or grill for 5 minutes to caramelize slightly. Serve with a dollop of Greek yogurt.

Chef's Note: Score the grapefruit half for easy eating: take a small sharp knife like a steak knife or a paring knife. Cut the whole grapefruit in half, cut around the inside diameter of the rind to loosen the pulp. Then score each section following the natural skin. Eat with a small teaspoon, scooping out each section.

Calories (kcal)

73.9

Protein (g)

2.9

Carbohydrate (g)

6

Total Fat (g)

4.6

Cholesterol (mg)

0

Sodium (mg)

10.9

Sat Fat (g)

0.6

Dietary I

0.