



Grilled Apricots with Chevre and Honey

Ingredients (Serves 4-8. Prep time: 30 minutes.)

4 apricots, halved and pitted
4 ounces soft chevre
2 tablespoon honey
2 tablespoon orange juice
1 teaspoon fresh tarragon, minced
salt to taste
canola or vegetable oil to brush
the apricot halves

Preparation

Preheat the grill over medium heat.

In the microwave or in a small saucepan, gently heat the honey, orange juice, and tarragon. Stir well and set aside.

Brush each apricot half with a little canola oil and sprinkle with salt. Place apricots cut side down on the grill for about 2-3 minutes. Turn the apricots over and reduce the heat to low. Brush each apricot halve with the honey mixture (save any unused honey mixture to serve with the finished apricots). Top each apricot half with ½ oz. of goat cheese. Close the grill lid and let the cheese melt for a couple of minutes. Serve with a drizzle of the remaining honey mixture.

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Ingredient checklist

PRODUCE

- Apricots
- Orange
- Tarragon

GROCERY

- Canola or vegetable oil
- Honey

REFRIGERATED/FROZEN

- Chevre

SPICES/SEASONINGS

- Sea salt

Serving suggestion

This sweet little recipe works as an appetizer or salad with some fresh lettuce, arugula or watercress, or as a dessert when drizzled with warm honey.

Nutritional information per serving

211 calories	14 g. carbohydrate
14 g. fat	1 g. fiber
30 mg. cholesterol	9 g. protein
151 mg. sodium	

The nutritional values and information provided are approximations.