HEART-HEALTHY RECIPE



MAKES 4 SERVINGS OF OF OF

REAL SIMPLE

INGREDIENTS

- 4 large nectarines, halved and pitted
- 1/3 cup honey
- 2 tablespoons lemon juice

Honey-Broiled Nectarines

Preheat broiler. Place the nectarines, cut-side up, in a baking pan in 1 layer. Mix the honey and lemon juice and brush over the nectarines. Broil for 6 to 8 minutes. Serve warm or at room temperature.

Nutrition Per Serving

Calories 216 (13% from Fat) • Fat 3g (Sat 0g) • Sugar 0g • Protein 8g • Cholesterol 0mg Sodium 321mg • Fiber 5g • Carbohydrate 41g

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