

Grilled Fruit with Crème Fresh Sauce

- Assorted seasonal fruit (stone fruit, pineapple, apples, pears) 1 cup
shredded part-skim mozzarella cheese

SAUCE

- 1 pint sour cream, Greek yogurt or Crème Fresh
 - 1-2 tablespoons sugar
 - 1/4 cup water
 - 1 tsp of vanilla paste (optional)
1. Oil the grill well to keep the fruit from sticking.
 2. Cut the fruit into large slices or wedges
 3. Cook the fruit over low heat and not directly over the flame, turning occasionally. Watch carefully: the cooking time is quite short. You want the fruit cooked but not falling apart or mushy. Remove when tender and caramelized.
- Garnish with crush pistachio nuts and thyme or mint leaves