

RECIPE OF THE WEEK: PALEO EDITION

Grilled Peaches with Prosciutto and Basil

Ingredients:

3 ripe peaches, halved and pitted
6-8 slices good quality prosciutto
1 cup balsamic vinegar
1 Tbsp honey (optional)
8-10 basil leaves
2 Tbsp coconut oil
Sea salt and freshly ground black pepper to taste

Instructions:

1. In a small saucepan over a medium-high heat, bring the vinegar to a simmer and let simmer for a few minutes. When it begins to thicken, add the honey, if using, and season to taste with salt and pepper. Once the liquid takes on the form of a thick syrup, remove from the heat and allow to cool.
2. Fire up the grill to a medium heat. While waiting for the grill to heat up, brush some of the coconut oil or clarified butter over the open side of each peach. Place them on grill face down and allow to cook until golden brown. Cook on the other side for only a minute.
3. Place the peaches face up on a large flat dish. Drizzle them with the balsamic vinegar syrup and then stuff the area where the pit was with prosciutto. Top with a basil leaf and serve.

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