



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

### ***Roasted Stone Fruit with Ice Cream***

#### **Ingredients:**

- 2 Plums, cut in half and pitted
- 2 Peaches, cut in half and pitted
- 2 Apricots or Nectarines, cut in half and pitted
- ½ cup Balsamic vinegar
- 2 scoops French vanilla ice cream

#### **Directions:**

1. Preheat oven to 350°F.
2. Place the fruit in a small baking dish. Drizzle with balsamic vinegar and season with a little salt and pepper.
3. Transfer to the oven and roast for 15 to 20 minutes depending on how ripe your fruit is.
4. Remove from the oven and divide between 2 dessert bowls, drizzle with any of the balsamic vinegar that is in the baking dish.
5. Top each bowl with a scoop of ice cream.

Serves 2

183 calories, 2.5 g fat, 1.6 g saturated fat,

37 g carbohydrate, 2 g fiber, 3 g protein,

63 mg sodium

Source: Eat Fresh

[healthy.iu.edu](http://healthy.iu.edu)  
[healthyu@indiana.edu](mailto:healthyu@indiana.edu)

