



## Balsamic Glazed Grilled Plums

- 4 ripe plums, California red or dark skinned, halved and pitted (you can use other stone fruits, such as peaches or nectarines, too; Yum!)
- Extra-virgin olive oil, for drizzling
- 1/2 cup balsamic vinegar
- 1 tablespoon brown sugar (can substitute Splenda, but because there is less than a teaspoon per serving, I stick with the real deal)
- 1 teaspoon vanilla extract (I like Penzey's double strength)
- 1 tablespoon lemon juice
- 1/4 teaspoon ground black pepper
- 1 pint vanilla bean ice cream (optional)

### Directions

Preheat a grill pan to high heat. Drizzle fruit with oil to keep it from sticking and grill plums 3 minutes on each side.

While fruit is grilling, pour balsamic vinegar into a small saucepan and place pot over medium high heat. When vinegar heats to a boil, cook until it is reduced in volume by half, 1 to 2 minutes.

Combine sugar, vanilla and lemon juice and pepper in a small bowl. Whisk in warm balsamic vinegar.

Place hot, grilled fruit on dessert plates. If desired, add a small scoop of vanilla ice cream or frozen yogurt. Drizzle the balsamic glaze over fruit and serve.