
Caramelized Grilled Stone Fruit with Balsamic Reduction

Naturally sweet grilled fruit enhanced with a tangy balsamic glaze—a moderate-glycemic dessert that becomes blood sugar friendly when paired with Greek yogurt or nuts for protein and healthy fats.

Prep: 15 min

Cook: 10 min

Total: 25 min

Servings: 4

GL 26.3 / GI 54

Ingredients

Fresh whole fruit; fiber helps moderate sugar absorption 1 small pineapple, peeled, cored and cut into 4 wedges

Rich in fiber and vitamin C; choose firm mangoes for lower sugar content 2 large mangoes, cored and cut in half

Low GI stone fruit with beneficial fiber 2 large peaches, cored and cut in half

Minimal fat for grilling; prevents sticking Butter-flavored cooking spray

High GI ingredient - use sparingly; consider reducing to 1 tbsp or substituting with monk fruit sweetener 2 tablespoons brown sugar

Acetic acid helps lower glycemic response; choose aged balsamic for richer flavor with less added sugar 1/2 cup balsamic vinegar

Fresh herbs add flavor without affecting blood sugar Fresh mint or basil for garnish

Instructions

Step 1

Prepare your fruit by peeling and coring the pineapple, then slicing it lengthwise into four equal wedges. Halve the mangoes and peaches, removing the pits. Pat all fruit pieces dry with paper towels to ensure better caramelization.

Step 2

Place all prepared fruit in a large mixing bowl. Lightly mist the fruit with butter-flavored cooking spray, toss gently, then spray again to create an even coating. This light oil layer prevents sticking and promotes browning.

Step 3

Sprinkle the monk fruit sweetener (or erythritol blend) evenly over the fruit pieces and toss carefully to distribute the sweetener across all surfaces. Set the bowl aside while you prepare the balsamic reduction and grill. Note: If using brown sugar instead, be aware this will increase the glycemic impact significantly.

Step 4

Pour the balsamic vinegar into a small saucepan and place over low heat. Allow it to simmer gently, stirring occasionally, until the volume reduces by half and the vinegar becomes syrupy – this takes about 8-10 minutes. Remove from heat and set aside to cool slightly.

Step 5

Preheat your grill to medium-high heat or set your broiler to high. Lightly coat the grill grates or broiler pan with cooking spray, positioning the rack 4-6 inches from the heat source for optimal caramelization without burning.

Step 6

Arrange the fruit pieces cut-side down on the preheated grill or broiler pan. Cook for 3-5 minutes without moving them, allowing the natural sugars to caramelize and create beautiful grill marks. The fruit should be golden and slightly softened but still hold its shape.

Step 7

While the fruit grills, toast the sliced almonds in a dry skillet over medium heat for 2-3 minutes until fragrant and lightly golden, stirring frequently to prevent burning. Set aside.

Step 8

Carefully transfer the grilled fruit to individual serving plates, arranging pieces attractively. Add a generous dollop (about 1/4 cup) of Greek yogurt alongside each fruit portion. The protein and fat in the yogurt are essential for moderating blood sugar response.

Step 9

Drizzle the warm balsamic reduction over each fruit portion using a spoon in a decorative pattern. Sprinkle toasted almonds over the top for added crunch, healthy fats, and additional blood sugar control.

Step 10

Garnish each plate with fresh mint or basil leaves for a pop of color and aromatic contrast. Serve immediately while the fruit is still warm. For best blood sugar management, enjoy this dessert at the end of a protein-rich meal.