

School adult representative: Rachel Q. Reyes  
 Grade group: (K-3?, 9-12?) Team K-3

Name of Student(s): Tivana Torres, Vincent Torres, and Jesse Taitano

Please be **specific** on the amount and type of each ingredient used.  
 Use standard cooking measures, such as cup, teaspoon, tablespoon, pound, ounce, etc.  
 PSS Nutritionist will do the nutrient analysis.



Name of Recipe: Grilled Fruits

Featured Ingredient: Banana and Pineapples

How many servings does this recipe make?  
 (number) 4 servings

		<b>Do not write in this area-- FNS Use Only</b>						
<b>Ingredient</b>	<b>Amount</b>	<i>Cal</i>	<i>Fat</i>	<i>Sat Fat</i>	<i>Tran Fat</i>	<i>Na</i>	<i>CHO</i>	<i>Sugar</i>
peach	4 halves	172				16	45	40
pineapple	4 slices	168				1	44	33
ripe bananas	4 piece	360				4	92.27	49.4
apple	12 slices	113				2	30.11	22.65
walnuts	1/2 cups	382.5	38.15	3.575		1.25	8.02	1.5275
olive oil	3 tsp	80	9	1				
oranges	4 piece	246					62	49
Cold water	2 cups	0	0	0	0	0	0	0
cool whip	8 tbs	336	19.65	16.91	NA	108	35.4	35.4
	<b>TOTAL</b>	<b>1857.5</b>	<b>66.8</b>	<b>21.485</b>	<b>0</b>	<b>132.25</b>	<b>316.8</b>	<b>230.98</b>
	Per serving	464.38	16.7	5.3713	0	33.063	79.2	57.744

Nutrition: Large servings sizes. Has healthy fats from the walnuts and olive oil, potassium, fiber, folate, vitamin C.

Any additional ingredients and preparation instructions:

Do not write in this area

1. Prepare 4 presentation plates with two ti leaves on each plate.
2. On a cutting board, chop bananas and set aside.
3. Grill pineapple slices side to side until they turn light brown. Then place 1 pineapple slice on the middle of each plate.
4. Grill peach halves side to side until they turn light brown. Then place 1 peach halve on the middle of the pineapple slice on each plate.
5. Grill apple slices side to side until they turn light brown. Then place 3 apple slices on each plate.
6. On a sauce pan, add 3 tsp olive oil, walnuts and chopped bananas. Stir ingredients.
7. Turn off stove and set aside saucepan while ingredients cool down.
8. Slice all oranges into halves. Every two half oranges, squeeze and drizzle over grilled fruits on each plate
9. In the saucepan, separate chopped bananas and distribute them equally unto each plate.
10. Sprinkle remaining ingredients in saucepan unto each plate equally.
11. Lastly, finish off with 2 tbsp. cool whip on top of each plate.

