

Roasted summer fruits in sweet marsala



Roasted summer fruits in sweet marsala

Preparation 15 mins | Cooking 20 mins | Serves 6

6 ripe apricots, halved and stones removed
4 ripe white nectarines, halved and stones removed
4 ripe peaches, halved and stones removed
250g cherries
½ cup sweet marsala* wine
1 vanilla bean, halved lengthways
2 tbs brown sugar
Reduced fat vanilla ice-cream or yoghurt, to serve

**Sweet Marsala is a rich brown dessert wine made in Sicily. It's used in desserts including tiramisu and is available from bottle-shops.*

STEP 1 Preheat oven to 200°C/180°C fan-forced. Line base of a large roasting pan with baking paper. Arrange fruits in a single layer in pan.

STEP 2 Combine marsala and 2 tbs water in a small jug. Using a teaspoon, scrape vanilla bean seeds into mixture and stir to combine. Sprinkle marsala mixture over fruit then sprinkle with sugar. Add the scraped vanilla bean pod and roast for 8-10 minutes or until fruit is just tender. Set aside in pan to cool to room temperature. Drizzle fruit with pan juices. Serve with ice-cream or yoghurt.

Good for you... **PEACHES**

The natural sugars in peaches give a delicious sweet flavor and also provide energy that is especially good when you're active or playing sport. Peaches give us vitamins, including vitamin C and beta-carotene which the body uses to make vitamin A. Both these vitamins helps us fight infection. A good source of dietary fibre that helps food move efficiently through the intestine.

