



Caramelized Grapefruit

MyPlate2Yours - Lynn Dugan

Ingredients

1 large ruby red grapefruit, cut in half at center and chilled
2 teaspoons brown sugar

Directions

Preheat broiler 500°F. Set oven rack 6 inches below heating element.

Run a paring knife around each grapefruit section to release. Spread brown sugar evenly on both halves.

Arrange each half on a baking sheet and place in broiler for 2-3 minutes when sugar begins to caramelize. Serve immediately. Enjoy!