

Sweet Broiled Grapefruit



Ingredients:

- 1 ruby red grapefruit
- 2 T cinnamon sugar

Directions:

1. Split grapefruit across its middle. Make small cuts between the sections to help separate the membranes.
2. Sprinkle the cinnamon sugar over each half. Place the grapefruit, sugar side up on a baking sheet. Broil for 15 minutes until grapefruit is brown and caramelized. Let cool 5 minutes before eating.

Makes 2 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>