



# Smoky Grapefruit Paloma Parfait

30  
minutes  
or less

GF  
option

V  
option

## INGREDIENTS

4 medium deep red grapefruit  
3 tbsp Hy-Vee granulated sugar  
½ cup Hy-Vee smoked whole almonds, chopped  
1 tbsp lime zest, plus additional for garnish  
2 tsp ground Aleppo pepper  
¼ tsp coarsely ground Hy-Vee sea salt  
2 cups Hy-Vee vanilla Greek yogurt

## PREPARATION

- 1 Place oven rack 6 in. from heat; preheat broiler to HIGH. Line a rimmed baking pan with foil; set aside.
- 2 Cut off a ½-in. slice from top and bottom of each grapefruit. Using a sharp knife, remove the entire peel and outer white membranes from each grapefruit by cutting from top to bottom. Cut each grapefruit crosswise in half; remove seeds with point of paring knife.
- 3 Place grapefruit halves, cut sides up, in prepared baking pan. Sprinkle with sugar. Broil for 8 to 10 minutes or until sugar is caramelized and dark brown. Cool slightly. Reserve grapefruit juices in pan for serving.
- 4 Meanwhile, combine almonds, lime zest, Aleppo pepper and salt in a small bowl; set aside.
- 5 To serve, divide yogurt among 4 serving plates. Arrange 2 grapefruit halves on each plate. Sprinkle with almond mixture. Drizzle with grapefruit juices, if desired.

## NUTRITION FACTS

Calories: 310  
Total Fat: 9g  
Saturated Fat: 1g  
Trans Fat: 0g  
Cholesterol: 5mg

Sodium: 240mg  
Carbohydrates: 48g  
Fiber: 5g  
Sugar: 42g  
Protein: 14g