Grilled Peach Salad

in a new light

Makes: 6 servings
Prep Time: 15 minutes (plus preheating grill)
Cook Time: 10 minutes
Difficulty: Easy

Ingredients:

Dressing:
• 2 tablespoons rice wine vinegar
• 2 teaspoons olive oil
• 1 teaspoon Dijon-style mustard
• 1/8 teaspoon salt
• 1/8 teaspoon ground black pepper

Peaches:
• 3 medium peaches, pitted and sliced into 8 wedges
• 1 teaspoon olive oil
• Pinch cayenne pepper

Salad:
• 3 tablespoons pecan halves
• 10 cups mesclun or spring mix salad greens
• 2 tablespoons crumbled feta cheese

Directions:

Preheat grill for direct grilling over high heat.

To prepare dressing, in small bowl, whisk together vinegar, oil, mustard, salt, and pepper; set aside.

In medium bowl, toss peach slices with oil and sprinkle with cayenne. Carefully place peach slices on grill and cook, turning once with tongs, until peaches are lightly scored with grill marks and flesh is slightly softened, about 2 minutes per side. Transfer to a plate to cool slightly.

Place pecan halves in a single layer between microwave-safe paper towels. Microwave on high, stopping every 10 seconds to stir, until fragrant and lightly browned, about 40 seconds. Set aside to cool, then coarsely chop.

In large bowl, combine salad greens and peach slices. Drizzle with dressing and toss to coat. Sprinkle with feta cheese and pecans and serve at once.

Nutritional Information: Per serving (about 2 cups): 130 calories, 8 g fat (1.5 g saturated, 0 g trans), 5 mg cholesterol, 210 mg sodium, 15 g carbohydrate, 5 g fiber, 3 g protein.