

Grilled Peaches and Goat Cheese Salad

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2018/grilled-peaches-goat-cheese-salad.html>

Ingredients

- Cooking spray
- 1/4 cup balsamic vinegar
- 2 Tbsp. honey
- 3 medium peaches, pitted and cut into 6 wedges
- 1 Tbsp extra virgin olive oil
- Salt and freshly ground black pepper, to taste
- 10 cups arugula, loosely packed
- 4 Tbsp goat cheese

Instructions

1. Prepare grill to high heat. Spray grill rack with cooking spray and set aside.
2. In small saucepan over medium-high heat, bring vinegar to a boil. Reduce heat and simmer until vinegar is reduced to 2 tablespoons (about 2 minutes). Remove from heat and stir in honey. Cool to room temperature.
3. Place peach wedges on grill rack. Grill 30 seconds on each side or until grill marks appear but peaches are still firm. Remove from grill and set aside.
4. In large bowl, combine oil, salt and pepper. Add arugula, tossing gently to coat. Arrange arugula mixture on platter. Top with peach wedges, balsamic syrup and cheese.

Makes 5 servings

Nutrition information per serving

Calories: 120	Dietary Fiber: 2 g
Total Fat: 5 g	Sodium: 40 mg
Saturated Fat: 1.5 g	Protein: 3 g
Cholesterol: 0 g	Carbohydrates: 20 g