

GRILLED PEACH SALAD WITH BLUE CHEESE

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 10 (Serving= 1 cup)

Nutrition (per serving)

Calories: 119

Total Fat: 8 g

Saturated Fat: 1 g

Sodium: 82 mg

Total Carbohydrate: 11 g

Dietary Fiber: 3 g

Total Sugars: 6 g

Protein: 3 g



Ingredients

Salad

- 7 cups mixed greens
- 3 peaches, pitted, halved and grilled
- 1 cup sliced red onion, grilled

Vinaigrette

- 1 Tablespoon white balsamic vinegar
- 1 Tablespoon sugar free apricot preserves

- ¾ cup blueberries
- ¼ cup chopped pistachios
- 1/3 cup blue cheese crumbles

- ¼ cup canola oil
- Pinch of salt



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Directions

1. In a large bowl, place greens in bottom and top with other salad ingredients.
2. In a small bowl, whisk together vinegar and preserves. Slowly drizzle in oil while continuing to whisk. Add salt and whisk until combined.
3. Pour vinaigrette over salad and toss gently to coat.