

LiveWell

Peach-Blueberry Salad

Yield: 6 servings



Ingredients:

3 firm peaches
1/2 teaspoon vegetable oil
1/4 cup pecans
1 Tablespoon granulated sugar
2 Tablespoons water
1/2 teaspoon curry powder
1 Tablespoon honey
2 Tablespoons non-fat Greek yogurt
1 Tablespoon olive oil
1 Tablespoon apple cider vinegar
1 Tablespoon balsamic vinegar
1/4 teaspoon salt
1/4 teaspoon paprika
5 ounces arugula
3/4 cup blueberries
3/4 cup diced red bell pepper
1/4 cup crumbled goat cheese

Directions:

1. Pre-heat broiler or grill to 500° F.
2. Cut peaches in half along the dent. Twist halves to separate and remove pits, or carefully cut pits out with a knife. Lightly brush peach halves with oil. Broil or grill for 3-5 minutes on each side until peaches are slightly charred. Set aside to cool. Once cooled, slice each peach half into 3-4 wedges.
3. In a small saucepan over medium heat, combine pecans, sugar, water, and curry powder. Stir constantly until water evaporates and pecans are coated. Once nuts are cooled, chop coarsely and set aside.
4. To make salad dressing, combine honey, Greek yogurt, olive oil, apple cider vinegar, balsamic vinegar, salt, and paprika in a medium jar. Cover jar with lid and shake well to mix.
5. Place arugula in a large bowl and sprinkle with pecans, blueberries, and peppers. Pour dressing over salad and toss to coat. Top with sliced peaches and goat cheese.

Nutrition information per serving:

Calories: 147	Sodium: 131 mg	Food exchanges:
Fat: 7.5 grams	Carbohydrates: 18 grams	1 fruit
Saturated fat: 1.5 grams	Fiber: 3.5 grams	1 vegetable
Cholesterol: 4 mg	Protein: 4 grams	1 1/2 fat