



PEACH VINAIGRETTE SALAD

By Dr. Cindy Tanzar
(Standard, Vegan/Vegetarian, Maintenance Plans)

Don't waste your over-ripe peaches! This vinaigrette is so simple and provides a perfect solution to peaches a bit past their peak, although perfect peaches are great, too. You can use white or yellow peaches – both lend a different flavor. This is our new summertime favorite that is impressive enough for company. For a complete meal, add 3 oz. of Boar's Head sliced turkey or grilled chicken. Vegans can also add the Vegan Feta "Cheese" as a tasty addition and protein source. Makes 1 serving. The salad and vinaigrette cover your vegetable, fat and fruit for one meal.



INGREDIENTS

VINAIGRETTE

- 1 peach
- 3 Tbsp extra virgin olive oil
- 2 tsp. Bragg's apple cider vinegar
- 1/2 tsp. Pink Himalayan salt
- 1/4 tsp. cayenne pepper, optional



Can use liquid stevia drops, if sweeter taste is desired

SALAD

2 cups organic greens and diced/sliced red onion

2/3 diced peach*

2 Tbsp. sliced/slivered almonds (toasted is delicious)

INSTRUCTIONS

Cut the peach in half to remove the pit, then dice (leaving the skin on) and place into a blender or small food processor. Immersion blender's work great for this recipe.

Add the other ingredients and blend until smooth.

Assemble the salad and drizzle 3-4 Tbsp of the vinaigrette over the top.

* To avoid waste, add the other 1/3 of the peach to your vinaigrette, along with another Tbsp of olive oil, 1/2 tsp. vinegar, and 1/8 tsp. salt.

VARIATIONS:

- Basil-peach vinaigrette: Add 1 Tbsp chopped fresh basil or 1 tsp dried basil to the blender.
- Ginger-peach vinaigrette: Add 1 Tbsp fresh ginger to the blender.
- Jalapeno-peach vinaigrette: Eliminate the cayenne pepper and add one fresh jalapeno, stem removed. For decreased heat, remove the seeds before blending.