

# GRILLED PEACH SALAD WITH BLUE CHEESE

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 Carbohydrate: 11
Total Fat: 8 g	Dietary Fiber: 3 g
Saturated Fat: 1 g	Total Sugars: 6 g
Sodium: 82 mg	Protein: 3 g

## **Ingredients**

### *Salad*

- 7 cups mixed greens
- 3 peaches, pitted, halved and grilled
- 1 cup sliced red onion, grilled
- $\frac{3}{4}$  cup blueberries
- $\frac{1}{4}$  cup chopped pistachios
- $\frac{1}{3}$  cup blue cheese crumbles

### *Vinaigrette*

- 1 Tablespoon white balsamic vinegar
- 1 Tablespoon sugar free apricot preserves
- $\frac{1}{4}$  cup canola oil
- Pinch of salt

## 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.