

## **SUMMER SALAD WITH ARUGULA, GRILLED PEACHES, GOAT CHEESE & MARCONA ALMONDS**

***Serves 4***

There's something magical about the combination of sweet peaches, tangy arugula, crunchy Marcona almonds and creamy goat cheese. But it's the blend of phytonutrients that make this salad good for your skin, eyes, heart and waistline!

4 fresh ripe peaches, pitted and quartered  
½ cup Marcona almonds  
2 cups baby arugula  
2 cups butter leaf or little gem lettuce  
4 ounces high quality goat cheese  
Oil to brush the sliced peaches

### **Lemon Shallot Vinaigrette**

Juice of 1 lemon (~ 2 or 3 tablespoons)  
2 tablespoons minced shallots  
2 tablespoons citrus champagne vinegar or white wine vinegar  
1 teaspoon honey  
¼ cup extra virgin olive oil  
¼ cup avocado oil  
Fresh ground black pepper to taste

Heat the grill to medium high. Gently pit and quarter the peaches and brush with olive oil. Grill the peaches for several minutes on each side, allowing to rest in one place to develop grill marks. This may take 6-12 minutes, depending on the heat of your grill. Turn once to grill the other side. Remove to cool.

While the peaches are on the grill, make the dressing. In a small jar, soak the minced shallots in lemon juice for at least 10 minutes (but up to an hour is fine). Add the vinegar, honey, oil, salt and pepper and shake vigorously. Store for up to a week in the fridge.

Form the goat cheese into loose balls. Toast the pine nuts in a hot skillet over medium high heat, stirring constantly for 2-3 minutes until starting to turn golden brown. Transfer to plate to cool. Toss the greens in the dressing and divide evenly between four plates. Arrange the peaches, goat cheese and almonds on top and serve immediately, knowing that you're gifting yourself a composed salad that will thrill your palette and help your body thrive!