

Chicken and Peach Salad



Makes:

4 servings

Utensil:

Blender
Saladmaster Food Processor
11" Large Skillet with Cover
large mixing bowl

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Recipe:

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Recipe Description:

Looking for healthy salad recipes? This delightfully fresh tasting summer salad is perfect for a luncheon or dinner on a warm evening.

Salad

2 cups
chicken breast, cooked and cubed (about 2 large chicken breasts)
(454 g)
3 peaches, peeled and cubed
1 small cucumber, seeded, cut lengthwise, sliced, use Cone #4 (about 2 cups)
(208 g)
4 tablespoons
red onion, strung, use Cone #2
(40 g)
lettuce leaves

Mint Vinaigrette Dressing

$\frac{1}{4}$
cup white wine (60 mL) 1
vinegar tablespoon olive oil (15 mL) 2
teaspoons sugar (10 mL) $\frac{1}{4}$
cup fresh mint, packed (6 g) $\frac{1}{4}$
teaspoon salt (1.25 mL) $\frac{1}{8}$
teaspoon pepper (.6 mL)

Directions:

1. In a large bowl, combine cooked chicken, peaches, cucumber and onion.
2. Place all Mint Vinaigrette ingredients in blender and blend until smooth.
3. Pour $\frac{1}{2}$ of the vinaigrette over ingredients in bowl and toss gently to blend. Cover and refrigerate until chilled. Save other

½ of vinaigrette to serve with the salad.

4. When ready to serve place lettuce leaves (butter lettuce is very nice for this salad) on individual plates and dish salad, using slotted spoon, into the middle of the lettuce leaves. Additional dressing can be added based on individual taste.

Tips:

- Pre-cook chicken in 11" Large Skillet before assembling the salad.
- Toasted pecans, coarsely chopped, can be added on top of salad for more depth of taste.

Nutritional Information per

▼ Serving

Salad

Calories: 183

Total Fat: 2g

Saturated Fat: 0g

Cholesterol: 66mg

Sodium: 76mg

Total 14g

Carbs:

Dietary Fiber: 2g

Sugar: 11g

Protein: 28g

Mint Vinaigrette

Calories: 42

Fat: 3g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 146mg

Carbohydrate: 4g

Fiber: 0g

Sugar: 2g

Protein: 0g