



Green Salad w/ Peaches, Feta, & Mint Vinaigrette

Courtesy of *Eating Well: Spring 2003*

Makes: 6 servings

Ingredients

Mint Vinaigrette

- 1/4 cup chopped fresh mint
- 3 tablespoons lemon juice
- 1/3 cup extra-virgin olive oil
- 2 tablespoons red-wine vinegar
- 1 teaspoon honey
- 1/2 teaspoon kosher salt

Salad

- 12 cups bitter greens, such as arugula, and/or watercress, tough ends trimmed
- 1/2 cup packed slivered mint
- 1/4 teaspoon kosher salt
- 6 ripe peaches or nectarines, sliced
- 1/3 cup sliced or slivered almonds, toasted
- 3/4 cup crumbled feta or goat cheese (about 3 oz.)

Preparation:

1. To prepare vinaigrette: Combine chopped mint and lemon juice in a small saucepan. Bring to a boil and remove from heat. Let steep for about 10 min Strain into a large bowl, pressing on the leaves to extract all the liquid. (You should have about 3 tablespoons liquid after straining.) Add oil, vinegar, honey and 1/2 teaspoon salt; whisk until well combined.
2. To prepare salad: Add greens and slivered mint to the bowl with the vinaigrette and sprinkle with salt. Add peaches and almonds; gently toss to combine. Serve the salad topped with feta (or goat cheese).

Nutrition Per serving: 270 calories; 19g fat, 22 g carbs, 7g protein, 329 mg sodium