# Peach Salad with Grilled Basil Chicken

#### **Grilled Basil Chicken:**

- 1 pound chicken breast, boneless and skinless
- 3 tablespoons olive oil

### Vinaigrette:

- 1/3 cup olive oil
- 3 tablespoons balsamic vinegar

#### Salad:

- 10 ounces spring mix lettuce
- 1 pound peaches, about 3 small, sliced

- 1/3 cup fresh basil, chopped
- 2 garlic cloves, minced

1 tablespoon honey

1 teaspoon Dijon mustard

2 ears corn, husked and

kernels cut from cob

1/2 cup pecans, chopped

- 1 tablespoon lemon juice
- Salt and pepper to taste
- Salt and pepper to taste
- 1/2 small red onion, thinly sliced
- 4 ounces feta cheese

#### Directions

- Grilled basil chicken: in small mixing bowl whisk together: olive oil, basil, garlic, lemon juice, and salt and pepper to taste. Use back of spoon to press basil against sides and bottom of bowl. Place chicken in re-sealable bag and use meat mallet to make even thickness. Pour basil mixture over chicken and evenly distribute. Seal bag while pressing out excess air. Transfer to refrigerator and marinate 2 – 5 hours.
- 2. Grilling method: preheat grill to 425 450°F. Lightly brush grill with olive oil and place chicken on grill. Grill until cooked through, rotating halfway through cooking, about 4 5 minutes per side. Use a meat thermometer to ensure that chicken reaches 165°F internally. Transfer to cutting board and rest 10 minutes; slice into strips or cubes. Baking method: preheat oven to 425°F. Place chicken on lined baking dish coated lightly with olive oil. Bake 20 25 minutes, flipping halfway though.
- 3. Vinaigrette: whisk together all ingredients until well blended and season with salt and pepper to taste. Store in refrigerator until ready to use, stir again immediately prior to use.
- 4. Salad: In large bowl, gently toss together: lettuce, peaches, corn, pecans, onions, and cooked chicken. Sprinkle with feta cheese and drizzle with vinaigrette. Serve immediately after adding dressing.

## **Nutrition Facts**

Serving Size (222g) Servings Per Container 7

Amount Per Se	rving		
Calories 31	0 Calor	ries from	Fat 160
		% Da	aily Value
Total Fat 18		28%	
Saturated Fat 3.5g		18%	
Trans Fat	Og		
Cholesterol 50mg			17%
Sodium 300mg			13%
Total Carbo	hydrate 1	17g	6%
Dietary Fiber 3g			12%
Sugars 9g	3		
Protein 21g			
Vitamin A 60	)% • \	Vitamin (	35%
Calcium 8%	•	Iron 15%	
*Percent Daily V diet. Your daily v depending on yo	alues may be	e higher or l	
	calones.	2,000	2,000
Total Fat Saturated Fat	Less than	65g 20g	80g 25g

