Peach Salad with Grilled Basil Chicken

Grilled Basil Chicken:

- 1 pound chicken breast, boneless and skinless
- 3 tablespoons olive oil
- 1/3 cup fresh basil, chopped
- 2 garlic cloves, minced
- 1 tablespoon lemon juice
- Salt and pepper to taste

Vinaigrette:

- 1/3 cup olive oil
- 3 tablespoons balsamic vinegar
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- Salt and pepper to taste

Salad:

- 10 ounces spring mix lettuce
- 1 pound peaches, about 3 small, sliced
- 2 ears corn, husked and kernels cut from cob
- 1/2 cup pecans, chopped
- 1/2 small red onion, thinly sliced
- 4 ounces feta cheese

Directions

1. 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 wtith 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 Serving

Calories 310	Calories from Fat 160
	% Daily Value*
Total Fat 18g	**28%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 300mg	**13%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 3g	**12%**
Sugars 9g	
Protein 21g	

Vitamin A 60% • Vitamin C 35%
Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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