

Chicken and Peach Salad



Sirve:

4 servings

Pieza:

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

Valora: ★★☆☆☆

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Descripción de la Receta:

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)

Preparación :

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.

Consejos:

- 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.

Información nutricional por ración

Salad
Calorías: 183
Grasa Total: 2g
Grasa 0g
Saturada:
Colesterol: 66mg
Sodio: 76mg
Carbohidratos: 14g
Fibra 2g
Dietética:
Azúcar: 11g
Proteína: 28g

Mint Vinaigrette

Calorías: 42
Grasa: 3g
Grasa 0g
Saturada:
Colesterol: 0mg
Sodio: 146mg
Carbohidrato: 4g
Fibra: 0g
Azúcar: 2g
Proteína: 0g