

Avocado, Peach and Grilled Chicken Salad

This is a terrific dinner salad for warm summer evenings. It's inspired by a recipe from Kate Sherwood in The Nutrition Action Newsletter.

This recipe features juicy, tree-ripened peaches, the buttery richness of avocado, crisp fresh lettuce and a variety of other salad fixings. It makes for a fantastical mix of fresh flavors on your plate.

Pick up a loaf of artisan bread, or a couple of rolls, to enjoy with your dinner tonight.

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize your ingredients as you get started. Blanch peaches and remove skin by covering with boiling water and letting stand for 2 minutes. Drain boiling water and cover with ice water. Let stand for about 5 minutes. The skins will easily peel off after the cold water bath.

Bread or Rolls and Fruit

2 slices of artisan bread or 1 roll per diner (warmed)

2 ripe purple plums (halved)

Avocado and Peach Salad

6 large leaves lettuce (washed and dried)

2 green onions (chopped)

1-1/2 C. cucumber (peeled and chopped)

1/2 Anaheim pepper (seeded and chopped)

1-1/2 C. cherry tomatoes (halved)

1 large peach (blanched, peeled and sliced)

1 avocado (sliced)

1/4 C. sliced almonds (toasted)

Plant-based Choice or Chicken Option

Plant-based Choice:

1 tsp. olive oil

10 Chick'n strips

1/4 C. white wine

- or -

Chicken Option:

1 tsp. olive oil

1 boneless, skinless chicken breast

1/2 C. white wine

salt and pepper to taste

Summer Citrus Dressing

1 clove garlic (smashed and chopped)

2 T. good extra-virgin olive oil

3 T. lime juice

1 tsp. prepared mustard

1 tsp. honey

1/4 C. low-sodium vegetable broth

a pinch of salt

But First!

*Wrap bread in foil and
place in 220° oven to warm*

Grownup Kitchen

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Once items are prepped and the bread's warming, cook the plant-based strips (or chicken option.) Finish by assembling the salads on individual dinner plates and making the dressing.

Plant-based Choice or Chicken Option

Plant-based Choice

Brown Chick'n strips in oil and add white wine to the pan. Toss until wine disappears. Remove from heat. When cool enough to handle, slice lengthwise before arranging over salad.

- or -

Chicken Option:

Brown chicken breast in oil. Add white wine, reduce heat to medium-low, cover and cook 5 minutes per side. Season with salt and pepper and let cool. Thin slice before adding to salad.

Avocado and Peach Salad

1. Break washed lettuce leaves into a large bowl.
2. Add chopped green onions, cucumber and Anaheim pepper.
3. Toss well and divide between two large dinner plates.
4. Divide chopped tomatoes between plates.
5. Break plant-based Chick'n or chicken breast slices over salads.
6. Arrange sliced peaches over salads and then fan 1/2 of a sliced avocado over peaches.
7. Top with toasted almonds.
8. Serve halved plums (two halves per person) and warm bread on the side.

Summer Citrus Dressing

Combine all ingredients in a small jar with a tight-fitting lid and shake well.

Transfer to a small serving pitcher and place on the table.

Store leftover dressing in the fridge.

What I've Learned from this Recipe

This is the time of year to take advantage of tree-ripened peaches. I've added the plums to the meal because they are in season now too.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com