



Cost: \$ \$ Ease:



Peaches and spinach contain fiber which promotes bowel health. Spinach is also a great source of plant-based iron to support blood health as well as B vitamins like folate to support metabolism and overall energy levels. Avocados and almonds are a healthy source of fat which helps keep us fuller for longer. Raw onions act as a prebiotic to promote good gut bacteria.

Summer Salad With Grilled Peaches

Ingredients:

- 4-5 cups of spinach (or greens of choice)
- 2-3 large peaches, halved and pitted
- ½ red onion, thinly sliced
- ½ cup sliced almonds
- 1 avocado, cubed (optional)

Dressing

- 3 TBSP balsamic vinegar
- 2 TBSP extra virgin olive oil
- 1 tsp dijon mustard
- salt and pepper, to taste

Directions:

1. Heat grill; Halve and pit peaches; Place peaches face down over medium heat for 4-5 minutes; Flip and cook for an additional 4-5 minutes or until soft
2. Remove from grill and set aside
3. When cool enough, slice peaches and add to large bowl with salad greens; Add remaining ingredients
4. Prepare dressing; Toss salad
5. Serve and enjoy!

Cookware needed:

- Grill (or stove top)
- Cutting board
- Large bowl
- Tongs (or salad spoons)
- Small serving bowls