

Grilled Chicken and Peach Salad

Dash Magazine - July 2012

DashRecipes.com

2 tablespoons whole-grain mustard

2 tablespoons white wine vinegar

2 tablespoons olive oil

1 1/2 pounds boneless/ skinless chicken breasts

2 peaches, sliced

3 tablespoons olive oil

6 cups lettuce

4 plum tomatoes, sliced

In a bowl, whisk together the mustard, vinegar and two tablespoons of olive oil.

Rub the chicken and peaches with three tablespoons of the olive oil.

Place on a medium-high grill and grill until done.

Slice the chicken.

In a large bowl, toss the chicken, peaches, lettuce and plum tomatoes.

Drizzle with the dressing and serve.

Per Serving (excluding unknown items): 798 Calories; 69g Fat (74.1% calories from fat); 8g Protein; 47g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 53mg Sodium. Exchanges: 4 1/2 Vegetable; 1 1/2 Fruit; 13 1/2 Fat; 0 Other Carbohydrates.