



# Baked Balsamic Peach Salad

Servings 4 | Prep time 10 mins. | Total time 30 mins.

**Equipment:** Baking sheet, aluminum foil  
**Utensils:** Knife, Cooking brush, Tongs, Mixing spoon, Measuring cups and spoons

## Ingredients

Non-stick spray  
4 peaches OR 2 15 ounce cans peaches  
6 tablespoons balsamic vinaigrette dressing, divided  
2 boneless skinless chicken breasts  
1 tablespoon olive oil OR vegetable oil  
1/4 teaspoon salt  
1/8 teaspoon black pepper  
2 cloves garlic, minced OR 2 teaspoons garlic powder  
5 ounces mixed salad greens OR romaine lettuce  
1/2 cucumber, chopped  
3/4 cup red onion, sliced  
1/2 cup unsalted nuts (almonds, pecans, cashews), chopped (optional)

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, fruit, and vegetables.
2. Preheat oven to 400 degrees. Line rimmed baking sheet with aluminum foil and spray with non-stick spray.
3. Halve the peaches and remove the pit. Cut into wedges. Brush the cut sides with 2 tablespoons balsamic vinaigrette. Lay out on baking sheet in single layer.
4. Bake for 15 minutes, flipping peaches halfway.
5. Coat chicken breast with oil, salt, pepper, and garlic. Cook the chicken in a frying pan, for 8 to 10 minutes or until chicken until browned on one side. Brush with 2 tablespoons balsamic vinaigrette on cooked side and repeat until the chicken is cooked through.
6. Prepare the chicken for the salad by cutting into bite sized pieces.
7. Add the peaches and chicken to a bowl with the mixed greens, cucumber, red onion, and nuts if using, and drizzle with 2 tablespoons balsamic vinaigrette. Mix thoroughly.

## Nutritional Information:

Calories 310  
Total Fat 12g  
Sodium 340mg  
Total Carbs 31g  
Protein 20g