



Grilled Peach-and-Mozzarella Salad



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



565 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 oz baby arugula washed
- ☐ 0.8 teaspoon chili powder
- ☐ 4 servings cilantro leaves fresh
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.8 pound mozzarella fresh cut into 16 (1/4-inch) slices
- ☐ 3 spring onion sliced
- ☐ 0.8 teaspoon ground cumin
- ☐ 3 tablespoons honey

- ☐ 0.5 cup juice of lime fresh
- ☐ 1 teaspoon lime zest
- ☐ 0.3 cup olive oil
- ☐ 5 peaches white (not)
- ☐ 1 teaspoon salt

Equipment

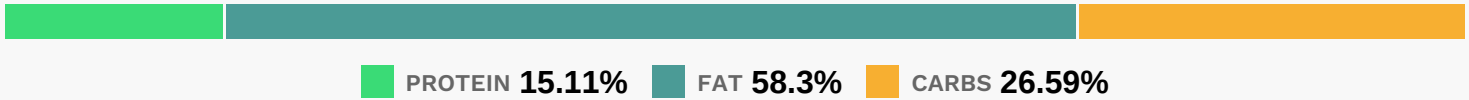
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ grill
- ☐ grill pan

Directions

- ☐ Peel and chop 1 peach.
- ☐ Cut remaining 4 peaches into 28 (1/4-inch-thick) rounds, cutting through stem and bottom ends. (
- ☐ Cut peaches inward from sides, cutting each side just until you reach the pit. Discard pits.)
- ☐ Process chopped peach, green onions, next 7 ingredients, and, if desired, tequila in a food processor 10 to 15 seconds or until smooth.
- ☐ Add oil, and pulse 3 to 4 times or until thoroughly combined.
- ☐ Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350 to 400 (medium-high).
- ☐ Brush both sides of peach rounds with 1/3 cup peach dressing.
- ☐ Grill peach rounds, covered with grill lid, over 350 to 400 (medium-high) heat 3 to 5 minutes on each side or until grill marks appear.
- ☐ Arrange watercress evenly on 4 plates. Alternately layer 4 grilled peach rounds and 4 cheese slices over watercress on each plate. Top each with 3 more peach rounds.
- ☐ Drizzle with remaining peach dressing.

- ☐ Garnish, if desired.
- ☐ Grilled Peach-and-Feta Salad: Preheat oven to 35
- ☐ Arrange 1/4 cup pecans, chopped, in a single layer in a shallow pan.
- ☐ Bake 8 to 10 minutes or until toasted and fragrant, stirring after 5 minutes. Reduce peaches from 5 to 4, and reduce salt to 1/2 tsp. Substitute 8 cups loosely packed Bibb lettuce leaves (about 6 oz.; 1 to 2 heads of lettuce) for watercress and 1/4 cup crumbled feta cheese for mozzarella cheese. Peel and chop 1 peach.
- ☐ Cut each of remaining 3 peaches into 8 wedges. Proceed with recipe as directed in Steps 2 through 4, decreasing grilling time for peach wedges to 2 to 3 minutes on each side or until grill marks appear. Divide Bibb lettuce and 4 cooked bacon slices, halved crosswise, among 4 plates or shallow bowls. Top with grilled peach wedges.
- ☐ Sprinkle with feta cheese and pecans.
- ☐ Serve with dressing. Makes 4 servings; Prep: 25 min.,
- ☐ Bake: 10 min., Grill: 6 min.
- ☐ Note: You can also use a grill pan to get those beautiful grill marks on the peaches.

Nutrition Facts



Properties

Glycemic Index:71.13, Glycemic Load:14.2, Inflammation Score:-9, Nutrition Score:22.743043588555%

Flavonoids

Cyanidin: 3.6mg, Cyanidin: 3.6mg, Cyanidin: 3.6mg, Cyanidin: 3.6mg Catechin: 9.23mg, Catechin: 9.23mg, Catechin: 9.23mg, Catechin: 9.23mg Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg Epicatechin: 4.39mg, Epicatechin: 4.39mg, Epicatechin: 4.39mg, Epicatechin: 4.39mg Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg Kaempferol: 15.37mg, Kaempferol: 15.37mg, Kaempferol: 15.37mg, Kaempferol: 15.37mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

Nutrients (% of daily need)

Calories: 564.84kcal (28.24%), Fat: 37.98g (58.43%), Saturated Fat: 13.76g (86.01%), Carbohydrates: 38.98g (12.99%), Net Carbohydrates: 34.89g (12.69%), Sugar: 31.18g (34.65%), Cholesterol: 67.19mg (22.4%), Sodium: 1160.81mg (50.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.14g (44.28%), Vitamin K: 87.41µg (83.25%), Calcium: 522.86mg (52.29%), Vitamin A: 2490.56IU (49.81%), Phosphorus: 376.24mg (37.62%), Vitamin B12: 1.94µg (32.32%), Vitamin C: 25.39mg (30.77%), Vitamin E: 4.61mg (30.7%), Selenium: 18.84µg (26.92%), Zinc: 3.25mg (21.67%), Vitamin B2: 0.36mg (21.16%), Folate: 68.42µg (17.1%), Manganese: 0.33mg (16.7%), Fiber: 4.09g (16.38%), Potassium: 539.28mg (15.41%), Magnesium: 58.79mg (14.7%), Iron: 2.3mg (12.78%), Copper: 0.22mg (10.97%), Vitamin B3: 1.91mg (9.56%), Vitamin B6: 0.14mg (7.07%), Vitamin B1: 0.11mg (7.06%), Vitamin B5: 0.66mg (6.58%), Vitamin D: 0.34µg (2.27%)