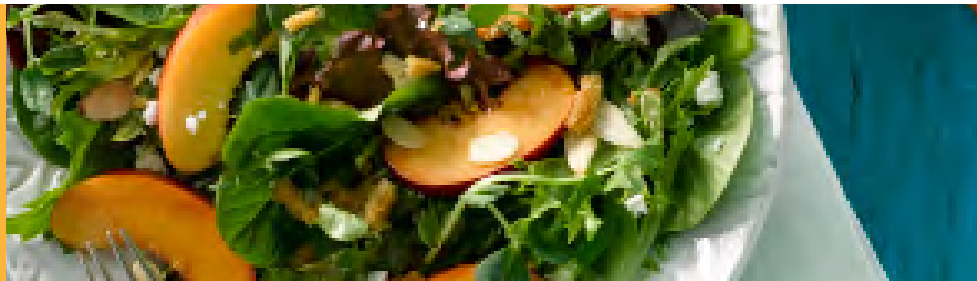


VitaMin



Vital health information in a minute

GREEN SALAD WITH PEACHES, FETA & MINT VINAIGRETTE

Yield: 6 servings

Total time: 30 minutes

Ingredients

Mint vinaigrette:

- › ¼ cup chopped fresh mint
- › 3 tablespoons lemon juice
- › ⅓ cup extra-virgin olive oil
- › 2 tablespoons red-wine vinegar
- › 1 teaspoon honey
- › ½ teaspoon kosher salt

Salad:

- › 12 cups bitter greens, such as arugula, mizuna and/or watercress, tough ends trimmed
- › ½ cup packed slivered mint
- › ¼ teaspoon kosher salt
- › 6 ripe peaches or nectarines, sliced
- › ⅓ cup sliced or slivered almonds, toasted
- › ¾ cup crumbled feta or goat cheese (about 3 ounces)

How to make it

1. To prepare vinaigrette: Combine chopped mint and lemon juice in a small saucepan. Bring to a boil and remove from heat. Let steep for about 10 minutes. Strain into a large bowl, pressing on the leaves to extract all the liquid. (You should have about 3 tablespoons liquid after straining.) Add oil, vinegar, honey and ½ teaspoon salt; whisk until well combined.
2. To prepare salad: Add greens and slivered mint to the bowl with the vinaigrette and sprinkle with salt. Add peaches (or nectarines) and almonds; gently toss to combine. Serve the salad topped with feta (or goat cheese).

Nutrition information

Amount per serving

Serving size: 1½ cups

Per serving:

- › Calories: 270
- › Fat: 19 g
- › Saturated fat: 4 g
- › Fiber: 6 g
- › Carbohydrates: 22 g
- › Protein: 7 g
- › Folate: 150 mcg
- › Cholesterol: 13 mg
- › Sugars: 15 g
- › Added sugars: 1 g
- › Vitamin A: 3,848 IU
- › Vitamin C: 32 mg
- › Calcium: 171 mg
- › Iron: 3 mg
- › Sodium: 301 mg
- › Potassium: 731 mg

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