

# Recipe

## Grilled Chicken and Peach Salad

### **Ingredients:**

1 lb. boneless, skinless chicken breasts  
½ tsp. salt (preferably kosher)  
¼ tsp. freshly ground black pepper  
Olive oil cooking spray  
1 lb. peaches (3 or 4 small), halved and pitted  
1 tbsp. whole-grain mustard  
1 tbsp. white balsamic vinegar  
1 tbsp. extra-virgin olive oil  
8 cups baby arugula (10-oz package)

### **Directions:**

1. Heat grill on high; set grill rack 4 to 6 inches above heat source.
2. Season chicken with salt and pepper; coat with cooking spray.
3. Grill chicken, turning once, until it reaches an internal temperature of 165\*, 5 to 8 minutes each side. Transfer chicken to a cutting board.
4. Coat peaches with cooking spray; spread skin side up on grill gates; grill, turning once, until juicy.
5. Whisk mustard, vinegar, oil and 1 tbsp. water. Toss with arugula. Divide arugula among 4 plates.
6. Slice chicken and peaches; distribute evenly among plates.

### **Nutrition:**

Serves 4. Calories: 237 calories