

Grilled Peach, Mozzarella and Chicken Salad

Adapted from *Southern Living*, 6/2008

Internet Address:



Servings: 4

You may have leftover dressing - if so, use it up within a day as cilantro deteriorates rapidly once it's in liquid.

3 whole peaches, not white peaches
1 large shallot, sliced
1/4 cup chopped fresh cilantro
3 tablespoons agave nectar, or honey
1 teaspoon salt
1 teaspoon lime zest
1/2 cup fresh lime juice, if you don't have enough lime juice, use lemon juice
3/4 teaspoon ground cumin
3/4 teaspoon chili powder
1 1/2 tablespoons tequila, optional
1/3 cup olive oil
Grapeseed oil to coat grill rack
6 ounces baby arugula, or watercress, or other sturdy lettuce, thoroughly washed
1/2 pound fresh mozzarella, cut into 12 (1/4-inch) slices
12 ounces cooked chicken, optional
Garnish: fresh cilantro sprigs

1. Peel and chop 1 peach. Cut remaining 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 and gently hold each slice around the edges, twist and pull off. Continue until you've made rounds of all the peaches. Discard pits.
2. Process chopped peach, shallot, cilantro, agave nectar, salt, lime zest, lime juice, cumin and chili powder, 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.
3. Coat cooking grate of grill with grapeseed oil. Preheat grill to 350° to 400° (medium-high). Brush both sides of peach rounds with 1/3 cup peach dressing.
4. Grill peach rounds, covered, for 3 to 5 minutes on each side or until grill marks appear.
5. Toss the lettuce, arugula or watercress with a little bit of dressing, then place evenly on 4 plates. Layer 3 grilled peach rounds and 3 cheese slices over salad on each plate. Add chicken slices around the edges, if desired. Drizzle with more peach dressing. Garnish, if desired with cilantro sprigs

Per Serving (excluding unknown items): 491 Calories; 31g Fat (57.1% calories from fat); 40g Protein; 13g Carbohydrate; 2g Dietary Fiber; 102mg Cholesterol; 662mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 3 1/2 Fat.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>