

Grilled Chicken Peach and Arugula Salad

Jacob · 28/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

6

Description

A yummy summer salad with grilled chicken and grilled fresh peaches

Ingredients

- - 5 tablespoons olive oil
- divided - 1 tablespoon balsamic vinegar - 1 tablespoon chopped shallot - 1 teaspoon Dijon mustard - ½ teaspoon salt
- or more to taste - 4 peaches
- halved and pitted - 4 skinless
- boneless chicken breast halves - 8 cups baby arugula

Instructions

1. Preheat an outdoor grill for medium-high heat and lightly oil the grate. For the dressing: Whisk 4 tablespoons olive oil
2. balsamic vinegar
3. shallot
4. Dijon mustard
5. and 1/2 teaspoon salt together in a bowl until well mixed. Brush 1 teaspoon olive oil onto cut-side of peaches. Place peaches
6. cut-side down
7. onto grill and cook until heated through
8. about 4 minutes. Transfer peaches to a plate. Brush remaining oil onto both sides of chicken breasts and season with salt. Cook chicken on the preheated grill until no longer pink in the center
9. about 4 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Slice chicken into thin pieces and cut peaches into 1/2-inch thick pieces. Toss arugula and dressing together in a bowl. Divide dressed arugula among plates; top with peaches and chicken. Editor's Note: Please note the substitution of plums for peaches when using the magazine version of this recipe.