



Nancy's Nourishing Kitchen

Grilled Summer Salad

serves 4

Ingredients:

2 chicken breasts, boneless
3 ear of fresh corn on the cob, husks & silk removed
3 peaches, sliced in half and pit removed
1 avocado, diced
mixed greens (about 8 cups)
fresh chives, cut into small pieces
pine nuts, toasted
extra virgin olive oil or avocado oil
sea salt
fresh ground black pepper

Ginger-Lime Vinaigrette

1-2 teaspoons fresh ginger, peeled and grated
1/4 cup fresh lime juice
1/2 cup extra virgin olive oil
sea salt and fresh ground black pepper to taste
optional: 2 teaspoons honey or maple syrup to balance flavor

- Combine ingredients in a jar with a lid, shake well to combine. Adjust seasonings.

Directions:

- Season chicken with salt and pepper and grill until cooked through. Slice.
- Brush peaches and corn with oil, season with salt and pepper and grill until lightly charred; only a few minutes. Let cool, cut corn kernels off the cob, cut peaches into quarters.
- Add greens and corn to a bowl, toss with ginger lime vinaigrette until lightly coated.
- Add chicken, peaches and avocado, drizzle with a little more vinaigrette.
- Sprinkle with chives and toasted pine nuts.

Play:

Marinade chicken for a few hours before grilling.

Experiment with different dressings.

Try pumpkin seeds, pistachios nuts...

Use shrimp instead of chicken.

Vegetarian option: baked tofu or tempeh, white beans or chick peas.

