



HEALTHY COOKING

Peaches & Goat Cheese w/ Roasted Almonds

Ingredients

1 Round Soft Lettuce (Bibb, Red Leaf) or Arugula
3 Peaches or any Stone Fruit in Season
4-6oz Goat Cheese
1/2 Cup Slivered Almonds
5 Sprigs Cilantro
Sea Salt
Black Pepper
Dressing
2 TBS Olive Oil
1 TBS White Wine Vinegar
1/2 tsp Orange Blossom Water
(Substitute OJ Watered Down Honey)
1/2 tsp Sugar
Salt to taste

Directions

Dressing: Simply add all the dressing ingredients and shake together in a small container. Serve over salads lightly.

Salad: Wash all produce and dry. Break leaves of lettuce individually and arrange in single layer on plates. Segment peaches into 8 pieces. Lay slices over lettuce. Pinch goat cheese into small bite size chunks and arrange over peaches or stone fruit. In a dry pan, toast the almonds until fragrant. About 3 minutes. Let cool and toss over salad. Drizzle with prepared dressing and finish with cilantro leaves, salt and pepper to taste.

Enjoy.

Serving Size: Serves 4

Prep Time: 15min Total Time: 15min

Nutritional Facts: Calories 210 | Carb 30g | Fat 4g | Protein 6g | Sugar 2g | Fiber 28g



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