

# Spring Peach Salad Recipe

*This is a go-to recipe that my mom used to make for us all of the time. This recipe is a great way to celebrate spring. Make it now using your stovetop or try it at home this summer and grill the peaches!!*

## INGREDIENTS

For the dressing:

- Juice of half a lemon
- Black pepper to taste
- Salt to taste
- 1 tbsp dijon mustard
- ¼ cup olive oil

For the salad base:

- 1 & ½ cups mixed greens
- ¼ of a cucumber
- 1 small tomato
- 1 cut peach

## INSTRUCTIONS

1. Sauté peaches on stovetop or grill them on grill
2. Add mixed greens to bowl, add cut tomato and cucumber to the bowl
3. Once the peaches are somewhat cooled, cut them and add them to the salad base
4. Make dressing by combining the olive oil, dijon mustard, lemon juice, salt and pepper
5. Add dressing and thoroughly toss into salad
6. Use this salad as a base to add any of your favorite spring fruits or add your favorite source of protein

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(Note: It is unnecessary to add any liquids to the pan to saute the peaches as the natural sugars are enough to brown them. If using stove top, trying to achieve browning of peaches. If using grill, char marks add a nice flavor.)