

# Grilled Peach Salad

## with Bacon Dijon Vinaigrette



### Ingredients

3 cups fresh spinach  
½ medium shallot, thinly sliced  
1 peach, cut into quarters  
2 slices bacon  
2 oz. goat cheese  
1 tsp. dijon mustard  
1 tsp. honey  
2 Tbsp. white balsamic vinaigrette  
1 Tbsp. olive oil  
salt and freshly ground pepper

Makes 2 Servings



#### *\*Editor's Note:*

To keep this recipe gluten free, be sure to use a gluten free mustard.

## Directions

1. Oil a gas grill or indoor grill pan and heat to medium high. Brush peach slices with olive oil and grill for 1 to 2 minutes per side. Remove from heat and allow to cool. Cut each slice in half and set aside.
2. Cook bacon in a skillet over medium heat until done, drain on paper towels and chop when cool. Reserve 2 tsp. bacon fat.
3. To make dressing, whisk dijon, honey, white balsamic vinegar, olive oil, bacon fat, salt and pepper.
4. Add spinach and shallot to a salad bowl and toss with dressing. Top with bacon, goat cheese and grilled peaches and serve.



There's no reason why salads shouldn't benefit from a little BBQ goodness. Salads can sometimes feel a bit obligatory, at least for me. So I always like to mix it up and include fun, creative ingredients that actually make me excited to get my greens. Adding ingredients like fruit, nuts and cheese (and yes, bacon) add that perfect touch of indulgence and can transform a salad from something that feels like a chore to eat into something much more exciting.

In the spirit of summer, I put my peaches on the grill to achieve a smoky sweetness. It paired beautifully with the bacon and creamy goat cheese. And in the spirit of bacon, I reserved a little of the bacon fat and used it to create a simple vinaigrette. I hope you enjoy my grilled peach salad recipe, feel free to experiment with other grilled fruits to give your salad an extra twist!

Denisse  
Salinas

