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Sweet Peach and Chicken Salad

Chicken salad isn't a new combination, but you don't often see it paired with peaches! This fresh, summery salad combines antioxidant-packed greens with red onion, parsley, and tarragon, and can be enjoyed any time of the year. Peaches are low-calorie, but still pack a good dose of vitamin C and beta carotene. However, if you aren't a peach fan, feel free to substitute with nectarines, plums, berries—whatever your favorite fruit may be! All fruits are great sources of essential vitamins and minerals.

Prep Time: 15 min. Cook Time: 0 min.

Serving size: 1/4 recipe

Recipe makes 4 servings

Ingredients

4 fresh peaches, sliced

4 cups spinach leaves

2 cups mixed salad greens

6 oz. cooked chicken breast, sliced into bite-sized chunks

1/2 cup finely diced red onion

1 tbsp chopped fresh parsley

2 tbsp fresh tarragon

Dressing:

2 tbsp olive oil

4 tsp white wine vinegar

Salt and pepper to taste

Directions

1. Mix the olive oil, white wine vinegar, salt, and pepper in a small bowl and set aside.
2. Toss the spinach and greens in a large bowl and add the parsley, tarragon, onion, and chicken.
3. Add the fresh sliced peaches and drizzle the dressing on top.