

SUMMER PEACH SPINACH SALAD WITH TOASTED ALMONDS + GOAT CHEESE

Ingredients:

- 4-6 cups organic spinach
- 2 large peaches, sliced
- ½ small red onion, very thinly sliced
- ½ cup goat cheese crumbles (or feta)
- ½ cup sliced toasted almonds*

For the dressing

- 3 Tablespoons extra virgin olive oil
- 3 Tablespoons balsamic vinegar
- 1 garlic clove, minced
- ½ teaspoon Dijon mustard
- 1-2 teaspoons pure maple syrup or honey
- Salt and pepper to taste

Instructions

In a medium bowl, whisk together the balsamic vinaigrette: balsamic vinegar, olive oil, minced garlic, Dijon and salt and pepper. Add preferred sweetener.

In a large bowl, add the spinach. Drizzle with desired amount of balsamic vinaigrette and toss together to combine. Top salad with peach slices, diced/sliced avocado, red onion, goat cheese crumbles and toasted almonds. Toss very gently again. Serve immediately.

*To toast your own almonds: Placed sliced almonds in a nonstick pan over medium heat. Use a wooden spoon to consistently stir the almonds until they get nice and golden. This should take 3-6 minutes. Once done, remove from heat and transfer to a plate to cool.

Serves 4

Recipe: AmbitiousKitchen.com (modified)