

# Healthy Recipe: Peach & Arugula Salad

Arugula, a cruciferous vegetable, contains indole-3-carbinol and sulfur compounds, which help protect against some types of cancers.

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I'm not normally a huge fan of fruit in salads, but this bit of summer deliciousness is an exception. Peach and Arugula salad brings the peppery bitterness of [cruciferous arugula](#) and the sweetness of ripe peaches together in a match made in heaven. Throw in the salty tang of feta, and you have an easy salad that's truly special.

15 min prep

4 servings

12 ingredients

## Ingredients

### Summer Vinaigrette

1 clove of garlic, smashed and cut in half (optional)

1 tablespoon white wine vinegar

Pinch of sea salt

2 tablespoons extra virgin olive oil

1 tablespoon water

1 tablespoon of mint cut into a chiffonade

2 tablespoons basil leaves cut into a chiffonade

### Salad

2 teaspoons minced shallot or red onion

1 large peach, diced

5 ounce box pre-washed baby arugula (See Chef Tips below)

? cup feta cheese

¼ roughly chopped roasted pistachios

## Directions

- In a large serving bowl whisk the Summer Vinaigrette with the minced shallot. Add in the diced peaches.
- Top the dressed peaches with the arugula, feta and pistachios. Just before serving, toss to combine.

## Chef Tips

A 5 ounce box of baby arugula = about 7 loosely packed cups.

I always wash 'pre-washed' greens a second time to be on the safe side.

## Nutrition (per serving)

Calories: 136; fat: 10g; saturated fat: 3g; polyunsaturated fat: 1g; monounsaturated fat: 6g; carbohydrates: 9g; sugar: 6g; fiber: 2g; protein: 5g; sodium: 169mg

## Registered Dietitian Approved

All our recipes are created by chefs and reviewed by our oncology-trained staff Registered Dietitian, Kate Ueland, MS, RD, to ensure that each is backed with scientific evidence and meets the standards set by the [Academy of Nutrition and Dietetics](#).

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