

Grilled Chicken and Peaches

Active: 15 minutes. Total: 30 minutes.

1 tbsp white wine vinegar
½ tsp grated ginger
3 tbsp plus 1 tsp olive oil
Kosher salt and pepper
2 medium red onions, sliced into ½ inch thick rounds
4 6oz boneless, skinless chicken breasts
3 peaches, cut into wedges
1 bunch spinach, thick stems removed (about 4 cups)

Heat grill to medium-high. In a small bowl, whisk together the vinegar, ginger, 1 tbsp of the oil, and 1/8 tsp each salt and pepper; set aside.

Brush the onions with 1/2 tsp of the oil and season with ¼ tsp each salt and pepper. Brush the chicken with 1 tsp of the oil, and season with ½ tsp each salt and pepper. In a bowl toss the peaches with the remaining 1/2 tsp oil.

Grill the chicken and onions until the chicken is cooked through and the onions are tender, 5 to 6 minutes per side. Grill the peaches (reserve the bowl) until charred, 2 minutes per side.

Transfer the peaches and onions to the bowl. Add the spinach and vinaigrette and toss to combine. Serve with the chicken.

Per serving: 326 calories, 12 g fat (2 g sat fat), 94 mg cholesterol, 529mg sodium, 37 g protein, 17 g carbohydrates, 12 g sugar, 3 g fiber.

Turn this salad into a sandwich by slicing the chicken, then layering it with the peaches, onions and spinach on bread. Or wrap it all in a tortilla or stuff into a pita.