

Summer Peach Spinach Salad

Instructions

1. In a medium bowl, prepare the balsamic vinaigrette dressing by whisking together the olive oil, balsamic vinegar, minced garlic, Dijon mustard, salt, and pepper.
2. In a large bowl, add the spinach. Drizzle with the balsamic vinaigrette and toss to combine. Add the sliced peaches, diced avocado, red onion, goat cheese crumbles, and toasted almonds. Toss gently to evenly distribute the ingredients. Serve immediately.

Ingredients

- 4-6 cups of organic spinach
- 2 large peaches, sliced
- 1 avocado, diced
- 1/2 of a small red onion, sliced very thinly
- 1/2 cup of crumbled goat cheese or feta
- 1/2 cup of toasted almonds, sliced

Dressing ingredients:

- 3 tablespoons of extra-virgin olive oil
- 3 tablespoons of balsamic vinegar
- 1 clove of garlic, minced
- 1/2 teaspoon of Dijon mustard
- Freshly ground salt and pepper, to taste
- Optional sweetener: 1-2 teaspoons of sugar, pure maple syrup, or honey

Grocery List

Produce

- Spinach
- Peaches
- Avocado
- Red onion
- Garlic

Canned Goods/Grocery

- Crumbled goat cheese or feta
- Toasted almonds
- Extra-virgin olive oil
- Balsamic vinegar
- Dijon mustard
- Salt and pepper
- Optional: sugar, pure maple syrup, or honey