

Summer Grilling - The Heat Is On!

Food Safety Tip: When rinsing produce, make the water temperature slightly warmer than the produce to help open the pores and ensure all dirt is washed away.

Grilling Technique: Using a metal spatula instead of tongs to turn the peaches on the grill, to prevent gouging the fruit.

Grilled Peach Salad

Yield: 4 servings

Ingredients:

¼ cup brown sugar
1 tbsp water
1 cup pecan halves
2 tbsp balsamic vinegar
1/3 cup olive oil
1 clove garlic
1 tbsp honey
½ tsp Dijon mustard

1 pinch salt
Salt and pepper to taste
½ cup fresh blackberries
½ cup fresh blueberries
5 oz mixed greens
4 fresh peaches
½ cup feta cheese crumbles



Directions:

Heat a small skillet over medium-low heat and melt brown sugar and water. Add the pecans plus a pinch of salt. Stir to coat the pecans in melted sugar, about 1-2 minutes. Transfer to a plate to cool.

In a food processor or blender combine balsamic vinegar, olive oil, minced garlic, honey, Dijon mustard, and salt and pepper. Pulse until emulsified. Set aside.

Preheat grill on high heat. Thoroughly wash peaches with a vegetable scrubber. Leave skin intact. Cut peaches in half and remove pit. Brush the peaches lightly all over with oil. Grill on each side for 2-3 minutes, undisturbed to allow grill marks to develop. To flip peaches from one side to the other, use a thin spatula, not tongs. Transfer to a plate until assembling the salad.

Arrange a bed of mixed greens on four individual plates. Top with blackberries, blueberries, one grilled peach half, candied pecans, and crumbled feta. Drizzle lightly with prepared honey balsamic vinegar.



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