

Grilled Peach & Fig Salad



Quartered figs and peaches are grilled until tender to intensify their natural sweetness - serving as the perfect complement to helpings of velvety prosciutto ham, peppery arugula, funky blue cheese and savory chipotle spiced nuts. A spoonful of sweet and earthy chipotle raisin vinaigrette caps it all off with a little extra zip.

Yield	5-1/2 oz
Serves	1
Preparation time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2.5	oz		1/2 each	Peach	sliced, grilled
1/2	oz		2 each	Fig, fresh	quartered, grilled
1	oz		2 cups	Arugula	
1/2	oz		1 tbsp	Chipotle Spiced Nut Mix - prepared	(see separate recipe)
1/4	oz		1 each	Prosciutto	
1/4	oz		1 tbsp	Blue cheese	smoked
1/2	fl oz		1 tbsp	Chipotle Balsamic Vinaigrette (Oil Free) - prepared	(see separate recipe)

Preparation Steps

1. Add the peaches, figs, arugula, Chipotle Spiced Nut Mix, ham and blue cheese (or guest's selection of vegetables, grains, and garnishes) to a bowl.
2. Toss with Chipotle Balsamic Vinaigrette (or guest's choice of dressing).

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	190.8
Energy (Kj)	799.3
Protein (g)	6.9
Carbohydrate, total (g)	20.1
Fats, total (g)	10.6
Sugars, total (g)	15.8
Fats, saturated (g)	3.1
Fiber, total dietary (g)	2.9
Sodium (mg)	336.9
Calcium (mg)	101.2
Cholesterol (mg)	14.3
Iron (mg)	1.2
Vitamin C (mg)	9.4

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.