

Grilled Peach and Chicken Salad

A refreshing and flavorful salad combining the sweetness of peaches with savory grilled chicken, perfect for a light and healthy meal.



Main Dish

25 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1 boneless, skinless chicken breast
- 1 ripe peach
- 2 cups mixed greens
- 1/4 red onion, thinly sliced
- 2 tbsp balsamic vinegar
- 1 tbsp olive oil
- Salt and pepper to taste

Steps

- 1 Preheat grill or grill pan over medium-high heat.
- 2 Season the chicken breast with salt and pepper, then grill for 6-7 minutes per side until cooked through.
- 3 Cut the peach in half, remove the pit, and grill for 2-3 minutes per side until caramelized.
- 4 In a large bowl, toss mixed greens and red onion with olive oil and balsamic vinegar.
- 5 Slice the grilled chicken and peaches, then arrange on top of the salad.
- 6 Serve immediately and enjoy!