

Featured RECIPE ◀

Arugula with Peaches & Chili Peppers

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| 3 tbsp fresh lime juice | 2 medium peaches (ripe but firm) |
| 1 tbsp + 1 tsp honey | 1 tsp fresh lime juice |
| 1 tbsp extra virgin olive oil | 8 cups arugula leaves, loosely packed (about 4 oz.) |
| ¼ tsp salt | 2 tbsp cilantro leaves |
| ½ cup sliced mild chili peppers (such as Anaheim or poblano) | |

1. Toss first 4 dressing ingredients together in mixing bowl. Slice chili peppers into rings, add to dressing; toss and let stand 30 minutes.
 2. Meanwhile, wash peaches, rubbing to remove fuzz; slice into wedges and splash with 1 tsp fresh lime juice.
 3. Divide arugula leaves and peach slices evenly among 4 salad plates.
 4. Spoon dressing over each salad and garnish with cilantro leaves.
- Tip: Nectarines can stand in when fresh peaches are out of season.

MAKES ABOUT 4 (3-cup) SERVINGS. Per serving:

80 calories • 2g protein • 3.7g fat • .4g sat fat • 0mg cholesterol • 11.7g carbs • 8g sugar • 2g fiber • 151mg sodium