

# SUMMER SLAW WITH PEACHES

easy | **RECIPE**  
From Personal Best®

- 2 cups **green beans**, stems removed, cut in half
- 2 cups thinly sliced **purple cabbage**
- 2 **peaches**, pitted and sliced
- 1 **green onion**, white and pale green parts, thinly sliced
- 2 tbsp chopped fresh **parsley** or **cilantro**
- ½ tsp **sesame seeds**

## DRESSING:

- 3 tbsp **extra-virgin olive oil**
- 2 tbsp **balsamic vinegar**
- ½ tsp **Dijon mustard**
- ¼ tsp fresh **garlic**, minced
- ½ tsp fresh **ginger**, minced
- Pinch **salt** and **pepper**

**1. Fill** a large bowl with ice water and set aside. **2. In** a large pot of boiling water, blanch green beans for 3 minutes. **3. Transfer** beans to ice water using a slotted spoon. Drain. **4. Add** beans to a large serving bowl. Top with cabbage, peaches, green onion and parsley. **5. In** a small jar with tight-fitting lid, combine dressing ingredients; shake well and pour over green bean mixture. **6. Top** with sesame seeds and serve.

**Makes 6 servings. Per serving:**

102 calories | 2g protein | 7g total fat | 1g saturated fat | 5g mono fat | 1g poly fat  
10g carbohydrate | 4g sugar | 3g fiber | 50mg sodium