



## INGREDIENTS

- 3 firm peaches
- ½ teaspoon vegetable oil
- ¼ cup pecans
- 1 tablespoon granulated sugar
- 2 tablespoons water
- ½ teaspoon curry powder
- 1 tablespoon honey
- 2 tablespoons non-fat Greek yogurt
- 1 tablespoon olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon balsamic vinegar
- ¼ teaspoon paprika
- 5 ounces arugula
- ¾ cup blueberry
- ¾ cup diced red bell pepper
- ¼ cup crumbled goat cheese

### Nutrition Information:

Calories: 147, Total Fat: 7.5g, Saturated Fat: 1.5g, Cholesterol: 4mg, Sodium: 131mg, Total Carbohydrates: 18g, Protein: 4g, Fiber: 3.5g

## DIRECTIONS (Yields 6 servings)

1. Preheat broiler or grill to 500-degree Fahrenheit . Cut peaches in half along the dent. Twist halves to separate and remove pits, or carefully cut pits out with a knife. Lightly brush peach halves with oil. Broil or grill for 3 – 5 minutes on each side until peaches are slightly charred. Set aside to cool.
2. Once cooled, slide each peach half into 3 – 4 wedges. In a small saucepan over medium heat, combine pecans, sugar, water, and curry powder. Stir constantly until water evaporates and pecans are coated. Once nuts are cooled, chop coarsely and set aside.
3. To make salad dressing, combine honey, Greek yogurt, olive oil, apple cider vinegar, balsamic vinegar, salt, and paprika in a medium jar. Cover jar with lid and shake well to mix. Place arugula in a large bowl and sprinkle with pecans, blueberries and peppers. Pour dressing over salad and toss to coat. Top with sliced peaches and goat cheese.