

Arkansas

★ Home Grown & Homemade ★

UofA

DIVISION OF AGRICULTURE
RESEARCH & EXTENSION

University of Arkansas System

FARM
BUREAU
ARKANSAS

Peach, Spinach & Feta Salad with Blueberry Vinaigrette

- 2 medium size fresh peaches (peeled & sliced)
- 2 c. fresh baby spinach
- 2 oz. crumbled feta cheese
- 4 Tbsp. butter
- 2 c. pecan halves
- 4 Tbsp. brown sugar
- 1 c. blueberries (plus extra for garnish)
- ¼ c. water
- ⅓ c. red wine vinegar
- 3 Tbsp. olive oil
- 1 Tbsp. honey
- Salt & Pepper to taste

Super Food Salad!

Spinach, blueberries and peaches pack a nutritional power punch with **calcium, iron, potassium, and vitamins A, C & E!**

CANDIED PECANS: Melt butter over medium high heat. Add pecans and toss until covered. Add brown sugar and stir until caramelized. Spread on wax paper to cool.



Scan the QR code to watch us demonstrate this recipe!

BLUEBERRY VINAIGRETTE: Process blueberries and water in a blender until pureed, then pour/press through a fine sieve to strain. Whisk puree together with vinegar, olive oil, and honey. Add salt and pepper to taste to vinaigrette.

Place spinach on two salad plates and arrange peaches on top. To each salad add 2 Tbsp. of candied pecans and 1 oz. feta cheese, then drizzle with 2 Tbsp. vinaigrette. Garnish with fresh blueberries. Reserve extra pecans and vinaigrette for another use.

Makes 2 servings. Serving size: 1 salad. 330 calories; 22g fat; 30mg chol; 320 mg sodium; 25g carb; 9g protein