



Peach + Tomato Summer Salad

Gluten-free, Refined Sugar Free (Dairy-free, Vegan, Paleo-friendly if bocconcini is omitted)

Recipe makes 4 servings.

MAKE IN ADVANCE:

The pickled red onions and the vinaigrette can both be made a day or even two in advance. Keep them in the fridge but take it out to let it warm up to liquid state before using.

SUBSTITUTIONS:

Umeboshi vinegar is made from Japanese plums (called ume). I have seen it at well-stocked grocery stores, ethnic stores and health food stores. If you can't get your hands on it, just sub it with red wine vinegar.

DIETS:

For paleo or vegan version, simply omit the bocconcini.

INGREDIENTS

For the pickled red onion:

- 1 small red onion, thinly sliced (~1.5C)
- 3 tbsp extra virgin olive oil
- 2 tbsp pure maple syrup (or honey)
- 2 tsp red wine vinegar
- 2 tsp umeboshi vinegar (see headnotes for substitution)

For the vinaigrette (makes enough for a lightly-dressed salad):

- 1/4 C extra virgin olive oil
- 1 tsp Dijon mustard
- 2 tsp red wine vinegar



saltpepperhere

2 tsp umeboshi vinegar (see headnotes for substitution)

2 tsp pure maple syrup (or honey)

1/4 tsp kosher salt

1/8 tsp fresh ground black peppercorn

For the salad:

1 large box (312g / 11 oz) organic mixed salad greens, preferably one with arugula (~10C loosely packed leaves)

2 medium sized peaches, cut into bite-sized wedges (pit discarded) (~2C)

2 C heirloom baby tomatoes, halved or quartered if large

2 handfuls of microgreens or sprouts

1 handful of fresh basil leaves

1 carton bocconcini, cocktail size (omit for vegan and paleo diets)

1/2C hazelnuts, toasted and skin rubbed off, rough chopped

Kosher salt

METHOD

1. Combine the ingredients for the pickled red onions and set aside for at least 15 minutes, up to a day or two.

2. Combine the ingredients for the vinaigrette, whisking until emulsified. Taste and add more salt to taste. Set aside.

3. Just prior to serving, toss the salad greens and microgreens (or sprouts) gently with about 3/4th of the vinaigrette until all the leaves are evenly coated. Spread on your serving platter. Toss the peaches, tomatoes and bocconcini (if using) in the remaining vinaigrette. Spread atop the salad. Scatter the fresh basil leaves, pickled red onions (some of that yummy liquid too) and toasted chopped hazelnut over the whole thing. SO GOOD!

Enjoy and thank you for reading! xx