

Grilled Peach & Corn Summer Smash



Juicy grilled peaches meet sweet corn and creamy feta in this sunshine-packed salad that's basically summer in a bowl. It's fresh, it's colorful, and it's borderline addictive—even your salad-skeptical friend will be into it.

Ingredients

- 2 ripe peaches, halved and pitted (can substitute nectarines)
- 2 ears of corn, husks removed (or 1 ½ cups frozen corn, thawed and drained)
- 1 pint cherry tomatoes, halved
- 4 cups arugula or baby spinach
- ½ cup crumbled feta cheese (or goat cheese if you prefer tangier)
- ¼ cup chopped fresh basil (or mint if that's more your vibe)
- 2 tablespoons olive oil, plus extra for brushing
- 1 tablespoon honey
- 1 tablespoon balsamic vinegar
- ½ teaspoon salt
- ¼ teaspoon black pepper

Instructions

1. Preheat a grill or grill pan over medium-high heat. Brush peach halves and corn with a little olive oil.
2. Grill peaches cut-side down for about 3–4 minutes, until they have nice char marks and are softened slightly. Grill the corn, turning occasionally, for 8–10 minutes until slightly charred.
3. Remove from heat. Slice peaches into wedges and cut corn kernels off the cob with a sharp knife.
4. In a large serving bowl or platter, layer the arugula, grilled corn, cherry tomatoes, and peach wedges.
5. Sprinkle crumbled feta and chopped basil over the top.

6. In a small bowl or jar, whisk together 2 tablespoons olive oil, honey, balsamic vinegar, salt, and pepper until well combined.
7. Drizzle the dressing over the salad just before serving. Give it a gentle toss and serve immediately!

Servings: 4

Nutrition

- **calories:** 230
- **protein:** 6
- **carbs:** 21
- **fat:** 14
- **fiber:** 3
- **sugar:** 12