

Peach Tomato Salad

This recipe is inspired by the Italian panzanella salad, which combines tomatoes, bread, and basil. In our version, peaches are a delicious stand-in for the bread.



INGREDIENTS

- 4 medium peaches, halved, pitted, and sliced **OR** 1 29-ounce can sliced peaches, packed in light syrup or their own juice, drained
- 3 medium tomatoes, sliced into wedges
- 1 small red onion, chopped
- 1 cup fresh thinly sliced or coarsely torn basil
- 3 tablespoons extra-virgin olive, corn, or canola oil
- 1 tablespoon red wine vinegar or balsamic vinegar
- 1/8 teaspoon salt
- 1/8 teaspoon pepper



SERVINGS: 4

COST PER SERVING: \$3.44

CALORIES

137 Per Serving

PROTEIN

3g Per Serving

FIBER

4g Per Serving



STEP 1: Put the peaches, tomatoes, onion, and basil in a large bowl.



STEP 2: In a small bowl, whisk together the oil, vinegar, salt, and pepper.



STEP 3: Pour the dressing over the peach mixture, tossing gently to coat.

QUICK TIPS

Tip: To cut herbs easily into thin slices (chiffonade), stack the leaves into a neat pile (no more than 8 leaves at a time). Roll up the pile lengthwise into a tight cylinder. Using a sharp knife, cut the cylinder crosswise to create thin strips.

Tip: During the summer when peaches are in season, buying fresh peaches can be cheaper. During the winter months, canned peaches are a better deal.



**Washington
Food Coalition**

This resource is made possible by a collaboration between the Washington Food Coalition and the American Heart Association, proud local advocates for nutrition security in Washington State.



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