

Grilled Palisade Peach Buratta Salad (Serves 2)

Sue Van Raes

THE GOODS

2-3 peaches
4 cups baby greens
4 2-ounce Burrata balls or dairy-free ricotta cheese
Basil (cut finely into fine strips)
Prosciutto

2 Tbsp Balsamic Glaze
2 Tbsp Olive Oil
Sea salt to taste
Fresh Black Pepper to taste

THE METHOD:

Wash and cut the peaches into halves or quarters. For the grilled version cut in half, or to brown in a pan cut into quarters. Keep the grill on medium heat and brush each side of the peaches with butter or olive oil to avoid sticking. Grill or brown for about 3 min per side. On a platter or in a bowl, spread your baby greens into a fairly even layer. Spread peaches, burrata (split open) or dairy-free ricotta, prosciutto, and basil evenly atop salad. Drizzle with olive oil and the balsamic glaze, fresh ground pepper, and a sprinkle of sea salt. Have fun with this. The amounts are very flexible, so be sure to find your groove. Enjoy!

*For a homemade version of balsamic glaze mix a 1/4 cup of coconut sugar or honey in a saucepan with 1 cup balsamic vinegar. Heat on low and simmer until the glaze is nicely thickened. This takes a few minutes and depends on the heat, sweetener you choose, and stove. Store in a sealed jar until ready to use.

