



Stone Fruit Salad with Toasted Almonds

Ingredients:

- 1 cup Riesling or other sweet white wine
- 1 tablespoon white wine vinegar
- 1 tablespoon almond oil
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- 8 cups mixed salad greens
- 3 plums, sliced
- 2 peaches, peeled and sliced
- 2 nectarines, peeled and sliced
- 2 apricots, peeled and sliced
- ¾ cup pitted fresh cherries, halved
- ¼ cup (2 ounces) crumbled goat cheese
- 2 tablespoons sliced almonds, toasted

Directions:

- Heat wine in a medium saucepan over medium-high heat until reduced to 2 tablespoons (about 10 minutes). Remove from heat, and stir in vinegar, oil, salt, and pepper.
- To serve salad, toss salad greens and fruit with dressing. Sprinkle with goat cheese and sliced almonds. Serve immediately.

Yield: 6 servings (serving size: 1 ¼ cups salad, 2 teaspoons cheese, and 1 teaspoon almonds)

Nutritional Information: Calories 146 (39% from fat); Fat 6.8g; Iron 0.8mg; Cholesterol 7mg; Calcium 51mg; Carbohydrate 19.6g; Sodium 152mg; Protein 4.2g; Fiber 3g

Recipe Source: *Cooking Light*, JULY 2005

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.