

# Peach and Spinach Salad with Basil

I make this salad at least once a week when peaches are in season. It is the only salad my 6 year old will eat and, if served deconstructed, my 2 year old will eat the non-green parts of this salad too. Baby steps...

The fresh peaches in this salad are delicious, but I believe the basil and toasted almonds are what really make it stand out. With just seven ingredients (including the dressing), this is a simple weeknight salad. However, it also scales well and does not wilt – so it is great for serving at a cookout.

This recipe will serve a “small” family of four... two adults and two young children. Scale accordingly if you plan to share.

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\*Notes: These are fruits and vegetables that I choose to purchase organic. Read more on [pesticides and produce](#). Peel peaches unless using organic.

Nutritional information (per serving, 4 servings per recipe):

216 calories

3.0 g added sugar

4.1 g fiber

4.8 g protein

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