



The Edible Garden

Recipe featured at Garden-to-Table Weekend featuring peaches, August 14

Peach, Mesclun, and Walnut Salad with Maple-Balsamic Vinaigrette

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Serves 4-6

Ingredients

for vinaigrette

1 large shallot, finely minced
¼ cup balsamic vinegar
2 tablespoons maple syrup
1 tablespoon whole-grain mustard
½ teaspoon fresh thyme
Salt and freshly ground pepper
¼ cup extra-virgin olive oil

for salad

6-8 cups of mesclun greens, washed and crisped
½ red onion, thinly sliced
½ cup walnuts, toasted
4 large, ripe peaches

Instructions

1. Place shallot, vinegar, maple syrup, mustard and thyme in a bowl. Add a pinch of salt and a liberal grinding of fresh black pepper. Slowly whisk in olive oil.
2. Dress chilled greens and onion. Top with sliced peaches and toasted walnuts. Serve immediately.