

Sweet & Smoky! Grilled Peach Salad with Marinated Chicken & Black Rice

A bold and balanced summer salad featuring marinated grilled chicken thighs, sweet charred peaches, and fiber-rich black rice over a bed of peppery greens. Tossed with crisp cucumbers, fresh herbs, tangy goat cheese, and toasted pistachios, this dish delivers vibrant flavor and satisfying texture in every bite. A Protein Flip™ favorite that's light, flavorful, and portion-smart.



Recipe:**Ingredients:****For the Chicken Marinade**

1 lb boneless, skinless chicken thighs (yields ~16 oz cooked; 4 oz per serving)

½ cup honey

½ cup whole grain mustard

¼ cup fresh lemon juice

2 tbsp extra virgin olive oil

2 tbsp chopped fresh cilantro

1 clove garlic, grated

1 tbsp yellow curry powder

1 tsp kosher salt

½ tsp cracked black pepper

1 tsp crushed red pepper flakes

For the Salad

4 cups baby arugula or mixed greens

2 ripe peaches, halved and pitted

2 cups cooked black rice

1 cup Persian cucumber, thinly sliced

¼ cup chopped fresh basil

¼ cup chopped fresh parsley

¼ cup chopped red onion

¼ cup crumbled goat cheese or feta

¼ cup toasted pistachios

Lemon wedges, for serving

Olive oil, for brushing peaches

Salt & pepper, to taste

Directions:**Marinate the Chicken**

In a bowl or resealable bag, whisk together the honey, mustard, lemon juice, olive oil, cilantro, garlic, curry powder, salt, pepper, and red pepper flakes. Add chicken thighs and coat thoroughly. Refrigerate for at least 1 hour, or up to 6 hours.

Grill the Chicken & Peaches

Preheat a grill or grill pan over medium-high heat. Grill chicken thighs for 5–6 minutes per side, or until the internal temperature reaches 165°F. Let rest, then slice.

Brush the peach halves with olive oil and grill cut-side down for 2–3 minutes until charred and softened. Slice into wedges.

Assemble the Salad

In a large bowl, gently toss the arugula, black rice, cucumber, basil, parsley, and red onion with a drizzle of olive oil, a squeeze of lemon juice, and a pinch of salt and pepper.

Plate & Garnish

Divide the salad onto 4 plates or a large platter. Top with sliced grilled chicken and peaches. Sprinkle with goat cheese and pistachios. Serve with lemon wedges.

Protein Flip™ Note:

This salad keeps animal protein in check at 4 oz per serving while incorporating plant-based protein and fiber from black rice, pistachios, and vegetables. Balanced, satisfying, and light — a smart plate for summer.