

Sweet & Smoky! Grilled Peach Salad with Marinated Chicken

This Grilled Chicken and Peach Salad is a summer showstopper — marinated chicken thighs grilled to perfection, paired with charred, juicy peaches, crisp cucumbers, and a burst of herbs. Topped with goat cheese, pistachios, and lemon wedges, this vibrant platter-style salad brings together sweet, savory, and tangy in every bite. It's high-protein, packed with seasonal flavor, and perfect for entertaining or an easy weeknight dinner. Serves 4



Recipe:

Ingredients:**For the Chicken Marinade:**

1½ lbs boneless, skinless chicken thighs

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 arugula or mixed baby greens

2 peaches, halved

2 cups cooked quinoa or black rice

1 cup Persian cucumbers, sliced

½ cup goat cheese or feta, crumbled

¼ cup toasted pistachios

Lemon wedges, for serving

Salt & pepper, to taste

Directions:

Marinate the chicken: Whisk together honey, mustard, lemon juice, olive oil, cilantro, garlic, curry powder, salt, and pepper. Add chicken and marinate for 30 minutes to 4 hours.

Grill the chicken: Preheat grill to medium-high. Remove chicken from marinade and grill 4–5 minutes per side, or until fully cooked. Let rest, then slice into ~3 oz portions.

Grill the peaches: Place peaches cut-side down on the grill for 2–3 minutes, or until char marks appear. Slice once cooled.

Cook quinoa (if not already done): Rinse and simmer 1 cup dry quinoa with 2 cups water until tender. Fluff and let cool slightly.

Assemble the salad:

Divide greens, quinoa, cucumber, grilled peaches, and sliced chicken between 4 plates.

Top each with crumbled goat cheese and a sprinkle of pistachios. Serve with lemon wedges.