Arugula Salad with Honey-Drizzled Peaches

INGREDIENTS
1/4 cup finely chopped pecans
1/2 teaspoon kosher salt, divided
4 ounces goat cheese
6 cups baby arugula, (about 4 ounces)
1 tablespoon extra-virgin olive oil
4 ripe, but firm, peaches, halved and pitted
4 tablespoons honey
Zest and juice of 1 lemon
Finely ground pepper, to taste

INSTRUCTIONS
1. Toast chopped pecans in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes. Set aside to cool.
2. Place toasted pecans in a shallow dish or plate. Season with ¼ teaspoon salt and pepper.
3. Roll goat cheese log in the pecans to coat. Refrigerate the log until firm, and then cut into 8 rounds.
4. Place arugula in a medium bowl. Add oil, lemon zest, and juice. Toss to coat. Season salad with the remaining ¼ teaspoon salt and pepper.
5. Divide the arugula among 4 bowls. Nestle 2 peach halves into each portion of greens.
6. Top each half with a round of pecan-crusted goat cheese and drizzle each salad with 1 tablespoon honey.

NUTRITION INFORMATION 4 servings, Serving size 1 ½ cups dressed greens, 2 peach halves, 1 goat cheese round and honey, 288 calories, 15g fat (5g saturated), 35g carbohydrates, 8g protein, 3g fiber
13mg cholesterol, 32g sugar (17g added), 279mg sodium, 398mg potassium
NATURAL SUGARS

Naturally occurring sugars versus Added sugars

Naturally occurring sugars are sugars that are inherently a part of certain foods. They are found in all fruits, dairy products, some starchy vegetables (such as sweet potatoes and corn), and 100 percent fruit and vegetable juices.

Added sugars are any sugars that have been added to a food at some point during fixing or processing. Examples of added sugars include granulated sugar, brown sugar, molasses, honey, maple syrup, high-fructose corn syrup, cane syrup, etc.

Limiting intake of Added sugars

The American Heart Association advises limiting the intake of added sugars to less than 25 grams (6 teaspoons) per day for women and less than 37.5 grams (9 teaspoons) per day for men. Read nutrition labels and choose unsweetened, no-sugar-added frozen or canned fruit, or choose fresh fruit, which contain only natural sugars to optimize your nutrient intake.

Is naturally occurring sugar better for you than added sugar?

To our bodies, sugar is sugar, no matter the source! However, foods with only naturally occurring sugars are typically “packaged” with other good-for-you nutrients, like fiber, water, protein, vitamins and minerals. These additional nutrients help slow the breakdown and absorption of sugar into the bloodstream and provide a steadier supply of energy.

Food products with lots of added sugars (like soda, candy, and baked goods) are often more processed and lacking in these important nutrients and provide a surplus of nutritionally empty calories.

LIVE FOR LIFE is here to help you achieve your best health.
Call us to schedule a free nutrition consultation at 684-3136, option 1.