

Grilled Nectarine & Sausage Salad

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 5 minutes

Serves: 4 dinner salads

CChints: A variety of grilled fruit work well in this salad. Peaches and nectarines are usually in season at the same time and one can be substituted for each other. You will need an inside grill pan for this recipe and most have a non-stick surface.



1/3 cup balsamic vinegar

2 tablespoons honey

10 ounce package prewashed spinach or mixed greens

3 tablespoon olive oil, divided

2 nectarines, pitted and cut into 1/2 inch wide wedges

Dash of salt and pepper

14 ounce package of reduce fat Kielbasa Sausage, cut into thirds lengthwise and then into 2-3 inch pieces

Combine the balsamic vinegar and honey together in a small saucepan over medium high heat. Stir to dissolve the honey and bring the mixture to a boil. Reduce the heat to medium and cook uncovered for 4 minutes. The vinegar will thicken and it reduces. Remove the pan from the heat and pour the dressing into a small pouring pitcher.

Empty the bag of spinach or salad greens on a serving platter or individual plates.

Spread 1-1/2 tablespoons of oil evenly in the grill pan and heat to medium high. You will need to grill the fruit and sausage in 2 stages because they probably won't all fit at the same time.

Add the fruit to a hot pan and sprinkle lightly with a dash for salt and pepper. Let them grill for 2-3 minutes and it's important to not move them. If they are moved the grill marks you want to see may not show up. To test for desired grill marks, gently turn one piece over. If the marks are there, turn the rest of the pieces over and cook for 2 more minutes. If they are not, cook for another minute and turn the rest over for 2 minutes. Remove the fruit and lay pieces on top of the salad with the grill sides up.

Add the remaining oil to the pan and add the sausage. Since this sausage is precooked it only needs to be heated thoroughly. Again, cook for 2-3 minutes without moving a piece. Test one piece and if the desired grill marks are there, turn all the pieces over and cook for 2 more minutes. Remove from the pan and add to the salad.

Drizzle some of the balsamic dressing over the salad. Since this dressing is concentrated you should may want to put the container on the table for people who would like a little more.

Serve with your favorite crackers.