



## Grilled Cherry Salad with Goat Cheese and Balsamic Vinaigrette

4 servings  
30 minutes

### Ingredients

2 tbsps Balsamic Vinegar  
1/3 cup Extra Virgin Olive Oil  
1/4 tsp Sea Salt  
1/4 tsp Black Pepper  
2 cups Cherries (pitted and halved)  
4 cups Baby Spinach  
1 cup Blueberries  
1/3 cup Goat Cheese (crumbled)  
1 cup Green Lentils (cooked, drained and rinsed)  
1/2 cup Pecans (toasted)

### Nutrition

Amount per serving	
Calories	404
Fat	29g
Saturated	5g
Polyunsaturated	5g
Monounsaturated	18g
Carbs	31g
Fiber	8g
Sugar	16g
Protein	9g

### Directions

- 1 Create your balsamic vinaigrette by combining balsamic vinegar, olive oil, sea salt and black pepper in a jar. Shake well and set aside.
- 2 Preheat grill with medium heat. Place your pitted and halved cherries in a bowl and add 2 tablespoons of the balsamic vinaigrette and toss well. Transfer cherries to a grill pan and grill until slightly charred (about 5 minutes).
- 3 Place baby spinach in a large salad bowl. Top with grilled cherries, blueberries, goat cheese, lentils and toasted pecans. Drizzle with desired amount of balsamic dressing and serve. Enjoy!

### Notes

**Meat Lover,** Grill up some chicken breast or grass-fed steak with your cherries to serve alongside the salad.

**Short on Time,** Add the cherries to the salad raw and skip step 2.

**Vegan,** Skip the goat cheese.