Healthy Recipe: Peach & Arugula Salad

Arugula, a cruciferous vegetable, contains indole-3-carbinol and sulfur compounds, which help protect against some types of cancers.

July 24, 2026 By Cook for Your Life

I’m not normally a huge fan of fruit in salads, but this bit of summer deliciousness is an exception. Peach and Arugula alad brings the peppery bitterness of cruciferous arugula and the sweetness of ripe peaches together in a match made in heaven. Throw in the salty tang of feta, and you have an easy salad that’s truly special.

15 min prep

4 servings

12 ingredients

Ingredients

Summer Vinaigrette

1 clove of garlic, smashed and cut in half (optional)

1 tablespoon white wine vinegar

Pinch of sea salt

2 tablespoons extra virgin olive oil

1 tablespoon water

1 tablespoon of mint cut into a chiffonade

2 tablespoons basil leaves cut into a chiffonade

Salad

2 teaspoons minced shallot or red onion

1 large peach, diced

5 ounce box pre-washed baby arugula (See Chef Tips below)

? cup feta cheese

¼ roughly chopped roasted pistachios

Directions

- In a large serving bowl whisk the Summer Vinaigrette with the minced shallot. Add in the diced peaches.
- Top the dressed peaches with the arugula, feta and pistachios. Just before serving, toss to combine.

Chef Tips

A 5 ounce box of baby arugula = about 7 loosely packed cups.

I always wash ‘pre-washed’ greens a second time to be on the safe side.

Nutrition (per serving)

Calories: 136; fat: 10g; saturated fat: 3g; polyunsaturated fat: 1g; monounsaturated fat: 6g; carbohydrates: 9g; sugar: 6g; fiber: 2g; protein: 5g; sodium: 169mg

Registered Dietitian Approved

All our recipes are created by chefs and reviewed by our oncology-trained staff Registered Dietitian, Kate Ueland, MS, RD, to ensure that each is backed with scientific evidence and meets the standards set by the Academy of Nutrition and Dietetics.

This recipe was originally published on Cook for Your Life. It is used by permission.

© 2026 Smart + Strong All Rights Reserved.
http://beta.docker.realhealthmag.com/article/healthy-recipe-peach-and-arugula-salad