

# WHAT'S IN SEASON ...



## PEACHES GRILLED CHICKEN WITH PEACH SALSA

This is a gluten-free recipe.

### INGREDIENTS:

4 boneless skinless chicken breasts  
(about 6 ounces each)

Olive oil (for brushing the grill)

#### Marinade:

2 Tbsp olive oil

Juice of 1 lime

2 garlic cloves, minced

2 Tbsp white balsamic vinegar

1/2 tsp salt

1/2 tsp black pepper

#### Salsa:

2 medium peaches

½ red bell pepper

½ small red onion

1 jalapeño pepper (optional)

1/2 cup chopped fresh cilantro

Juice of 1 lime

### DIRECTIONS:

- Pound the chicken breasts between two sheets of plastic wrap so they are a little thinner, maybe about 1/2 inch. Put the chicken in a shallow container, or into a gallon sized zip lock bag.
- Whisk the marinade together and add it to the chicken.
- Massage it into the meat, seal the container or bag, and set in the refrigerator for an hour or overnight.
- For the salsa, cut the peaches into a small dice (no need to peel them). Add to a bowl.
- Mince the red bell pepper, red onion, and the jalapeño pepper. Leave the seeds in for extra heat, or leave them out if you like. Add the cilantro and lime juice and toss. Refrigerate until needed.
- Grill the chicken on a hot charcoal grill or on the stove top, about 5-7 minutes per side, or until done in the center ~ an instant read thermometer should read 165 when inserted into the thickest part.

Serve the chicken with the salsa on top. May also serve with rice, mixed greens, and/or veggies on the side.



### NUTRITIONAL FACTS

SERVINGS: 4  
Calories: 350  
Protein: 37 grams  
Carbohydrates: 15 grams  
Fat: 15 grams

### CALORIE CONSIDERATIONS:

- To **INCREASE** calories: Add ½ - 1 cup cooked brown rice on the side (+105-210 calories per serving)
- To **DECREASE** calories: Divide recipe into smaller portions of about 4 ounces chicken breast each (-125 calories per serving)