



SUMMER CHICKEN WITH PEACHES

August 27

National Peach Day

INGREDIENTS

- 1½ Pounds Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney
- 1 Cup Sliced Peaches
- 3 Garlic Cloves (minced)
- 2 Tablespoons Extra Virgin Olive Oil
- ¼ Cup Balsamic Vinegar
- 2 Tablespoons Honey
- Salt and Pepper (to taste)

DIRECTIONS

1. Preheat your oven to 375°.
2. In a large skillet over medium-high heat, heat the olive oil. Season chicken breasts with salt and pepper, then sear each side for about 4-5 minutes until golden brown.
3. Remove the chicken from the skillet and set aside. Add sliced peaches and minced garlic to the skillet; sauté for 2-3 minutes until fragrant.
4. Mix balsamic vinegar and honey in a bowl, then pour over the sautéed peaches. Stir well.
5. Return chicken to the skillet with peach sauce, spooning some sauce over it before transferring everything into an oven-safe dish.
6. Bake for 20-25 minutes or until chicken reaches an internal temperature of 165°. Serve on plates drizzled with sauce.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

24 Ounces

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Ounce	1½ Ounces	2 Ounces	2 Ounces