
BBQ CHICKEN WITH PEACHES

(Gluten-Free, Egg-Free)

Yield: 4 servings **Total time:** 35 minutes

Ingredients

- 1 pkg boneless skinless chicken tenders
- 1/2 cup barbecue sauce, divided
- 3 cups of dark leafy greens (spinach, spring mix, kale)
- 1 cup shredded carrots
- 2 peaches, sliced
- 2 tbsp olive oil, divided
- 2 tbsp apple cider vinegar
- 2 tbsp lemon juice
- 1/4 tsp ground black pepper
- 1 tbsp fresh chives, chopped
- 1/4 cup goat cheese, crumbled
- 1/4 cup chopped pecans

Directions

1. Preheat oven to 375°F. Remove thawed chicken tenders from package and pat dry. Then, toss chicken in a bowl with 1/4 cup barbeque sauce and 1/4 tsp black pepper. Transfer chicken onto a baking sheet and bake for 20-25 minutes or until internal temperature is 165°F.
2. While chicken is baking prepare slaw: Slice peaches and chop chives. In a medium bowl combine greens, shredded carrots, sliced peaches, chives, olive oil, apple cider vinegar and lemon juice.



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Grocery List

- Chicken
- Barbecue sauce
- Cabbage slaw
- Shredded carrots
- Peaches
- Olive oil
- Apple cider vinegar
- Lemon juice
- Black pepper
- Chives
- Goat cheese
- Pecans

Kitchen Equipment

- Cutting board
- Knife
- Measuring cups & spoons
- Baking sheet
- Large & Medium bowl
- Spatula
- Citrus squeezer
- Serving plates

3. Once chicken is finished baking remove from oven and toss in remaining 1/4 cup barbecue sauce.
4. Prepare dish: Divide salad mixture among 4 plate; top evenly with chicken tenders. Sprinkle with goat cheese and pecans.

Per serving: 392 Calories; Total Fat 16g; Saturated Fat 2g; Sodium 269mg; Total Carbohydrates 32g; Fiber 4g; Protein 28g

Spotlight Ingredient: Peaches

- Peaches first originated in China and is a symbol of longevity and immortality. They are a member of the stone fruit family, along with nectarines, plums, apricots, and cherries.
- Fresh-picked peaches are available much of the year, but summer is their peak season, lasting from May through September.
- When shopping for peaches at the farmers market or grocery store look for firm peaches with a pleasant aroma. Avoid peaches with shriveled skin as that is a sign of dehydration and will have an unpleasant texture.
- 1 medium peach contains 60 calories and 2 g of fiber. It is a good source of vitamins A, C, K and B, minerals like potassium as well as antioxidants.
- Incorporating peaches into your diet can have many health benefits, like aid in maintaining healthy skin and eyes, help control blood pressure and cholesterol levels, strengthen bones and teeth, anti-inflammatory and supports a healthy immune system.

