

Citrus Chicken with Warm Peaches

Courtesy of Carole's Creations

Prep Time: 20

Cooking Time: 15

Serves: 4

CChints: This is a great summer time recipe when peaches are in season. The peaches do not need to be peeled, just rinsed and dried. Two bags of spinach may look like a lot but when it is cook it will wilt down by about 75%.



4 boneless, skinless chicken breasts
1 teaspoon salt, divided
1/4 teaspoon pepper, divided
1 Tablespoon Olive oil, divided
2 ripe peaches, seeded and sliced
1/3 cup reduce sodium chicken broth
3 tablespoons fresh lime juice
1 teaspoon lime zest
1-1/2 tablespoon chopped, fresh oregano
4 gloves minced garlic or 1-1/2 teaspoons minced from a jar
1-1/2 teaspoon grated orange zest
2 - 9 ounce bag of fresh, prewashed spinach
Optional: Side vegetable of your choice

Rinse the chicken and cut off any excess fat. Pat them dry and lay on a plate. Roll out about 18 inches of plastic wrap on your work surface. You can leave each chicken breast whole or cut them in half before pounding. Lay a piece about 3 inches from one end of the plastic wrap and fold the other end over. With a flat surface meat mallet or heavy skillet, pound each piece about 1/2 inch thick and return it to the plate. When you are done, sprinkle all with half of the salt and pepper on both sides.

Cut each peach in half and remove the seed. Slice each half into half inch slices. Add 1-1/2 teaspoons of oil over medium heat to a large pan that has a lid. Add the sliced peaches and cook on both sides for 1 minute. Remove from the skillet and set aside. Add the remaining 2 teaspoons of oil and the chicken to the pan and coat with half the salt and pepper. Cook covered for 4 minutes then flip over for 3 more minutes or until done. Transfer to a container that will keep them warm.

If you are serving a side vegetable, you may want to start it now.

Combine the broth and lime juice. Reduce the heat to medium-low and slowly add the liquid to the pan, using a wooden spoon to loosen the brown bits for 1 minute. Add the oregano through orange zest and stir occasionally for 1 minute. Add the spinach to the pan and stir occasionally for 1- 2 minutes until it begins to break down. Add the chicken and peaches back to the pan and remove the heat from the pan. Cover and let sit for another 3 minutes until the spinach has wilted and the chicken is warm again.

Caroleicious!