

Recipe of the Week

September 24, 2018



Chicken with peaches and ginger

Ingredients

- 1 tablespoon extra-virgin olive oil
- 4 (6 ounce) boneless, skinless chicken breasts
- 12 oz. frozen peaches
- 1 tablespoon packed light brown sugar
- 1 teaspoon fresh thyme leaves
- 1 teaspoon freshly grated ginger
- 3/4 cup dry white wine
- 1 cup couscous
- Freshly chopped basil or parsley
- Kosher salt
- Freshly ground black pepper

Directions

1. Heat olive oil in a large skillet over medium-high heat. Season each chicken breast with 1/2 teaspoon of salt and pepper and cook on one side until golden brown, 4-6 minutes.
2. Flip, cook for 1 minute, then scatter the peaches, sugar, thyme, and ginger over and around the chicken.
3. Add the white wine, bring to a boil, then reduce heat and simmer until the chicken is cooked through and the peaches are warm and are breaking down at the edges, 6-7 minutes.
4. Meanwhile, cook the couscous according to package directions. Serve the chicken, peaches, and sauce over the couscous and sprinkle with basil or parsley, if desired.

Recipe adapted from Woman's Day