

CO-OP MEALS
Dinner in 30

Chicken with Grilled Peaches & Spinach Salad

Serves 4

Shopping List:

- 4 6-oz boneless, skinless chicken breasts
- 3 ripe, but firm fresh peaches, unpeeled, halved and stone removed
- 2 medium red onions, sliced into ½-inch-thick rounds
- 4 cups (about 10 oz) baby spinach
- 1 cup (6 oz) Wisconsin blue cheese, crumbled

Pantry Items:

- ¼ cup Canola oil
- 2 Tbsp Fresh lime juice
- 2 Tbsp Red wine vinegar
- ¼ tsp + 2 Tbsp Sugar
- 1½ Tbsp Fresh ginger, peeled and grated
- 1 Tbsp Soy sauce
- 3 Tbsp Butter

Cook:

Make salad dressing: Whisk oil, lime juice, vinegar, fresh ginger, soy sauce and ¼ tsp sugar in a bowl.

Melt butter and immediately add 2 Tbsp sugar, stirring to dissolve.

Prepare outdoor gas grill following manufacturer's instructions (or can use grill pan indoors). Lightly oil grill grates. Grill chicken breasts over direct medium heat.

Toss sliced onions with oil, salt and pepper and grill until tender, about 5 minutes per side.

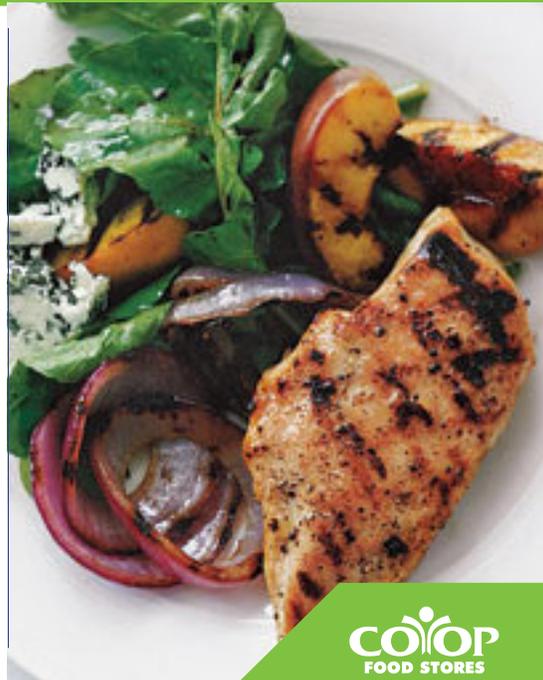
Brush peach halves with melted butter/sugar. Place, cut-side-down, on grill over direct medium heat. Grill until sugars caramelize, about 8 minutes total.

Toss spinach with dressing. Divide among 4 plates. Top with chicken breast, onions and then peach half, cut-side-up. Divide blue cheese among plates, sprinkling over peaches.

Tips and Hints

From Co-op Food Educator Lindsay Smith

- **Summer is meant for grillin'...**
Keep the heat out of the kitchen! The grill is not just for hot-dogs and hamburgers.
- **This recipe also works with...**
Any protein of your choice. Make it with pork-chops, shrimp, or even tofu!
- **Stone-fruits are...**
Any fruit with hard pits in the middle. So think peaches, plums, nectarines etc. They are a sure sign of summer and their firm flesh hold up great on the grill.
- **Dessert too...**
Grill any stone-fruit, drizzle with honey and top with tangy yogurt and maybe some chopped nuts- a healthy and delicious dessert that is only available in the summer.



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