Ginger Chicken with Peach Salsa

Fresh peaches add natural sweetness to this tangy salsa which pairs perfectly with spiced chicken. Ginger adds a slightly peppery and sweet element to this refreshing Summer entree.

<table>
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<tr>
<th>YIELD</th>
<th>8 SERVINGS</th>
<th>PREP TIME</th>
<th>20 MIN</th>
<th>TOTAL TIME</th>
<th>35 MIN</th>
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**INGREDIENTS**

*For the Peach Salsa:*
- 2 each Peaches, medium, pitted and diced
- ½ each Red Bell Pepper, diced
- ¼ each Red Onion, minced
- ½ each Jalapeno, minced
- ¼ cup Cilantro, fresh, minced
- 1 each Lime, zested and juiced
- ¼ tsp Ginger, ground
- 1/8 tsp Kosher Salt

*For the Ginger Chicken:*
- 2 lbs. Chicken Thighs, boneless and skinless
- 2 Tbsp Ginger, ground
- 2 tsp Garlic Powder
- 2 tsp Smoked Paprika
- 1 tsp Kosher Salt
- ¼ tsp Black Pepper, freshly ground
- 2 tsp Olive Oil

**CHEF’S NOTES**

Fruit tends to go under the radar in most meals throughout the day but it is delicious in savory applications, complementing salty or spicy foods where it can provide a nice balance of flavor to the overall dish.

This salsa is great with any seasonal fruit making it a year-round option: try with nectarines, plums, mangoes, melons or strawberries.

Chicken breast isn’t the only lean protein option when it comes to poultry – thighs are a great choice, too! The trick is to go skinless and give any excess fat a trim. Boneless, skinless breasts have the least amount of saturated fat per 4oz. serving at 0.5g, but thighs only have 1g for the same serving, making them another healthy, affordable option.

**DIRECTIONS**

1. Gather all necessary equipment and ingredients.

2. Prepare the salsa: In a medium bowl, combine all ingredients and stir to combine. Cover and refrigerate the salsa until ready to serve, allowing the flavors to develop.

3. Trim the chicken thighs as needed to remove any excess fat. In a medium bowl, add the spices, salt, pepper, and mix to combine thoroughly. Add the chicken to the bowl and toss to coat evenly in the spice blend mixture.

4. Heat a large nonstick skillet or sauté pan over medium heat. Once hot, add the oil and swirl to coat. Add the chicken pieces in an even layer and allow to cook until browned and crisped on the first side, about 3-5 minutes. Flip each piece and cook until an instant read thermometer reaches 165°F. Serve each chicken thigh with ¼ cup salsa spooned over or on the side.
# Nutrition Facts

8 servings per container  
**Serving** 1 chicken thigh w/ 1/4 cup salsa  
**Size** (157 g)  

<table>
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| **Calories**       | 170  
| **% Daily Value** * |  
| Total Fat 6g       | 8%  
| Saturated Fat 1.5g | 7%  
| Trans Fat 0g       |  
| Cholesterol 105mg  | 36%  
| Sodium 370mg       | 16%  
| Total Carbohydrate 5g | 0%  
| Dietary Fiber less than 1g | 3%  
| Total Sugars 3g    |  
| Includes 0g Added Sugars | 0%  
| **Protein 23g**    | 46%  
| Vitamin D 0.03mcg | 0%  
| Calcium 10mg       | 0%  
| Iron 1mg           | 8%  
| Potassium 400mg    | 8%  

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.