

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 entrée.

YIELD 8 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 35 MIN
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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

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.

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.

Nutrition Facts

8 servings per container

Serving 1 chicken thigh w/ 1/4 cup salsa

Size (157 g)

Amount per serving

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.

