Taste and Savor

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

Georgia Peach Chicken Salad

2 Large Chicken Breasts
1 TB Extra Virgin Olive Oil
½ Cup Red Onion, Chopped
4 Large Peaches
2 Large Avocados
12 Cups Baby Greens
1 Recipe *Georgia Peach Dressing
1 Cup Chopped Roasted Pecans

Step One Slice the chicken breasts in half lengthwise, season well with salt and pepper and drizzle on the oil. Place in a 375F oven for about 20 minutes, or until the chicken is cooked through, (165F). Set aside to cool for a few minutes and then chop.

Step Two While the chicken is cooking, put the red onion in a bowl of ice water to cover and set aside. Peel, pit and chop the peaches and avocados. Make the dressing.

Step Three Drain the red onion and pat dry. Place the chicken, peaches, avocados and chicken in a bowl and toss gently. Divide the lettuce between four plates. Top with the dressed salad and sprinkle with pecans.

2 Kitchen Scoop

***Georgia Peach Dressing**
1 Peach, Peeled and Pitted
1/4 Cup Rice Vinegar
1/3 Cup Extra Virgin Olive Oil
1 Tsp Dijon Mustard
1 TB Lemon Juice
1/4 Cup Packed Basil Leaves
Sea Salt and Pepper to taste
Place all the ingredients in a blender and puree.

3 Clever Idea

Here's the quickest way to peel and pit your peaches, without losing any of the delicious fruit. Bring a small saucepan of water to a boil on your stovetop. Wash your peaches and lightly cut an "X" in the bottom of each peach. Using tongs, place a couple of peaches at a time into the hot water. After about 20 seconds remove them with the tongs and repeat with your remaining peaches. The skin will pull off easily. To pit a peach, run your knife around the circumference of the peach and twist the halves apart.

4 Cheers!

Portlandia Rose
Willamette Valley Oregon
About $17.00

Made with Pinot Gris, Pinot Noir and Grenache grapes from Oregon, this light strawberry and peach flavored rose matches well with the fresh peaches in the salad and the delicious pureed peaches in the dressing. The winemakers say, "Our passion is to bring you the best of what Oregon's Willamette Valley has to offer" and this bottle proves it!

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