



Taste and Savor

1 Quick Recipe:*Georgia Peach
Chicken Salad*2 Large Boneless Skinless Chicken
Breasts

Sea Salt and Ground Pepper

1 TB Extra Virgin Olive Oil

½ Cup Red Onion, Chopped

4 Large Peaches

2 Large Avocados

12 Cups Baby Greens

1 Recipe *Peach Dressing

1 Cup Chopped Roasted Pecans

Step One Preheat the oven to 400F. Slice the chicken breasts in half lengthwise, season well with salt and pepper and drizzle with oil. Roast in the oven for about 20 minutes, or until the chicken is cooked through - 165F on an instant read thermometer. Set aside to cool for a few minutes and then slice.

Step Two While the chicken is cooking, put the onion in a bowl of ice water to cover and set aside for about 10 minutes. Peel, pit and chop the peaches and avocados. Make the dressing. *

Step Three Drain the red onion and pat dry. Place the onion, chicken,

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



peaches, avocados and chicken on a bed of greens on a platter. Drizzle the salad with dressing and sprinkle with pecans.

*** Georgia Peach Dressing**

1 Peach, Peeled, Pitted and Chopped

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.

2 Kitchen Scoop

Did you know that placing onions in iced water removes the "sting" from the onions? Crazy as it sounds, it's true! You'll have all the yummy flavor of the onions without the bite.

3 Clever Idea

Peaches and avocados are two of my favorite flavor combos. Try substituting peaches for tomatoes in your favorite salsa recipe, and basil for the cilantro. It's a great summer swap for the "same old" salsa!

4 Cheers!**A to Z Pinot Gris
Oregon****About \$14.00**

When peaches are served up in a savory way, like in this salad, pinot gris is a wonderful match. Pinot gris is the same grape as the more familiar pinot grigio, but made in a different style in many different places. It's packed with the aromas and flavors of oranges, peaches, lemons and honeysuckle that combined, make the wine fruit-forward but not sweet. Try it with grilled peaches, too!