



Taste and Savor

1 Quick Recipe:*Grilled Chicken with
Peach BBQ Sauce*8 - 12 Boneless, Skinless Chicken
Thighs

2 TB Olive Oil

1 TB Sea Salt

1 Tsp Freshly Ground Pepper

1 Tsp Red Pepper Flakes

1 Recipe Peach BBQ Sauce

*Oil the Grill

Chopped Parsley

Step One Place the thighs, olive oil, salt and peppers into a ziplock bag. Massage the chicken until well coated with the oil and seasoning. Set on the counter while you preheat the grill and prepare the bbq sauce.

Step Two Place the chicken on a preheated, high, hot and clean grill, (or grillpan or cast-iron skillet, that has been *oiled). Turn the heat down to medium and grill the thighs until browned, about 2 - 3 minutes per side. Pour half the sauce into a ziplock bag and place the chicken in the bag and massage on both sides to cover the thighs. Remove from the bag and place it back on the grill and continue cooking about 2 min-

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



utes per side. Chicken should register 165F on an instant read thermometer when cooked properly. Sprinkle the thighs with parsley and serve the rest of the sauce on the side.

Peach BBQ Sauce

1 TB Olive Oil

2 Kitchen Scoop

1 ½ Cups Minced Red Onion

2 TB Grated Fresh Ginger

2 Tsp Grated Fresh Garlic

1 ½ Cups (Low Sugar) Ketchup

½ Cup (Low Sugar) Peach Jam

1 Tsp Ground Allspice

2 Large Ripe Peaches, Peeled and Cut into ½" Pieces, (or Frozen Peaches)

¼ Cup Balsamic Vinegar

½ Tsp Sea Salt

¼ Tsp Freshly Ground Black Pepper

Step One In a large skillet over medium heat, cook and stir the onion until golden - about 5 - 7 minutes.

Add the ginger, and garlic and cook for an additional minute.

Step Two Stir in the remaining ingredients. Bring the mixture to a boil, then reduce the heat and simmer until the mixture is reduced and thickened slightly, about 30 minutes.

3 Clever Idea

*Oil your grill, pan or skillet by dipping ½ onion into a small amount of oil in a saucer or flat bowl. Use a fork to stab the onion and run it all over the grill or pan.

4 Cheers!**Klinkerbrick Old Vine Zinfandel**

Lodi California
About \$16

This California "dangerously" easy drinking wine is full of the juicy flavors of cherries and plums along with the perfect balance of oak and spice. There is a hint of cloves and cardamom when you smell it, and a delicious finish that hangs around in your mouth for quite a while. Interestingly, this wine was not aged in French oak, but American oak for 15 months, resulting in a super fruit-forward taste that's perfect with the yummy peach bbq sauce.