



## Cooking with Peaches and Plums

August 2014

### Chicken with Plum Chutney

From *Everyday Food*, September 2006

Makes: 4 servings | Prep Time: 15 minutes | Total Time: 35 minutes

#### Ingredients

1 pound boneless skinless chicken breast halves  
Coarse salt and ground pepper  
2 tablespoons pure or light olive oil  
1/2 medium red onion, chopped  
1/2 jalapeno chile, (ribs and seeds removed for less heat, if desired), chopped  
4 red plums, (about 1 pound), halved, pitted, and cut into 1/2-inch pieces  
1/3 cup packed light-brown sugar  
2 tablespoons cider vinegar  
3/4 teaspoon curry powder  
1/4 teaspoon ground ginger

#### Directions

1. Season chicken with salt and pepper. In a large skillet, heat 1 tablespoon oil over medium. Add chicken and cook until opaque throughout, about 5 minutes per side. Transfer to a plate. Set aside.
2. Make chutney: To skillet, add remaining 1 tablespoon oil, onion, and jalapeno; cook until softened, about 3 minutes. Increase heat to medium-high; add plums, sugar, vinegar, curry powder, ginger, and 1/4 cup water. Bring to a boil; reduce to a simmer, and cook until plums are softened and liquid is slightly syrupy, about 8 minutes.
3. Add chicken and any juices that have accumulated on plate; simmer until heated through, about 4 minutes. Season with salt and pepper to taste. Serve chicken with chutney spooned on top.

Nutrition Facts (per serving): Calories 150, Total Fat 4.5g, Saturated Fat 0g, Cholesterol 30mg, Sodium 60mg, Total Carbohydrate 14g, Fiber less than 1g, Sugars 13g, Protein 13g

# Country Ham-and-Peach Panini

*From Southern Living, June 2012*

Makes: 4 servings | Total Time: 20 minutes

## Ingredients

8 ciabatta bread slices

4 teaspoons coarse-grained Dijon mustard

Freshly ground pepper

4 (1-oz.) fontina cheese slices

4 ounces thinly sliced country ham, prosciutto, or Serrano ham

2 medium peaches (about 3/4 lb.), unpeeled and sliced

4 teaspoons honey (optional)

1 tablespoon extra virgin olive oil

## Directions

1. Spread each of 4 bread slices with 1 tsp. mustard, and sprinkle with desired amount of freshly ground pepper. Layer with cheese, ham, peaches, and, if desired, honey. Top with remaining bread slices, and press together gently. Brush sandwiches with olive oil.
2. Cook sandwiches, in batches, in a preheated panini press 3 to 4 minutes or until golden brown and cheese is melted. (Or use a preheated nonstick grill pan, and cook sandwiches over medium heat 3 to 4 minutes on each side.) Serve immediately.

Nutrition Facts (per serving): Calories 240, Total Fat 7g, Saturated Fat 3.5g, Cholesterol 25mg, Sodium 610mg, Total Carbohydrate 34g, Fiber 1g, Sugars 19g, Protein 11g

# Grilled Pork Chops with Peach Salsa

*From Food Network*

Makes: 4 servings | Prep Time: 15 minutes | Cook Time: 10 minutes

## Ingredients for peach salsa

1/2 red onion, diced  
2 peaches, halved, pitted, and diced  
1 tablespoon lime juice  
1 teaspoon olive oil  
1 tablespoon chopped cilantro leaves  
Pinch kosher salt and freshly ground pepper

## Ingredients for pork chops

1 pound lean pork chops  
2 tablespoons canola oil  
2 tablespoons chili powder  
1/4 teaspoon salt  
1 tablespoon freshly ground black pepper

## Directions

1. Salsa: In a bowl toss all of the salsa ingredients together and set aside
2. Pork Chops: Heat an outdoor grill or grill pan over medium-high heat. Brush the pork chops with the oil. In a small bowl combine the chili powder, salt, and pepper. Generously sprinkle the rub over both sides of each pork chop. Grill the chops until cooked through, about 4-6 minutes per side. Arrange the chops on a serving platter and let rest 5 minutes before serving.
3. Serve the chops with the peach salsa.

Nutrition Facts (per serving): Calories 130, Total Fat 6g, Saturated Fat 0.5g, Cholesterol 30mg, Sodium 260mg, Total Carbohydrate 6g, Fiber 1g, Sugars 4g, Protein 13g