

Chicken

Grilled Chicken and Peaches

Woman's Day magazine

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 30 minutes

1 tablespoon white wine vinegar

1/2 teaspoon grated ginger

3 tablespoons olive oil

1 teaspoon olive oil (additional)

Kosher salt and pepper

2 medium red onions, sliced into 1/2-inch thick rounds

4 6-ounce boneless/ skinless chicken breasts

3 peaches, cut into wedges

1 bunch (about 4 cups) spinach, thick stems removed

Heat grill to medium-high.

in a small bowl, whisk together the vinegar, ginger, one tablespoon of oil and 1/8 teaspoon each of salt and pepper; set aside.

Brush the onions with one tablespoon of the oil and season with 1/4 teaspoon each of salt and pepper. Brush the chicken with one teaspoon of the oil and season with 1/2 teaspoon each of the salt and pepper.

In a bowl, toss the peaches with the remaining oil.

Grill the chicken and onions until the chicken is cooked through and the onions are tender, 5 to 6 minutes per side.

Grill the peaches (reserve the bowl) until charred, 2 minutes per side.

Transfer the peaches and onions to the bowl. Add the spinach and the prepared vinaigrette and toss to combine. Serve with the chicken.

Per Serving (excluding unknown items): 154 Calories; 10g Fat (57.5% calories from fat); 2g Protein; 16g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1 1/2 Vegetable; 1/2 Fruit; 2 Fat; 0 Other Carbohydrates.