

# Hannah's Sweet and Savory Chicken and Peaches

**Makes:** 4 Servings

“Every year since I was 4 years old, I have helped my dad at the Rotary Peach Festival,” says Hannah. “We help sell Palisade peaches, which grow in the foothills of the Rockies. I learned how to make grilled peaches from my Dad, who grills a lot. The curried chicken recipe was created because I wanted to make an Indian dish. My friend's mom is Indian and teaches cooking classes that include lots of curry and cumin, which are native to India. She has inspired me to experiment while cooking. These two foods complement each other and make for a delicious summer lunch.”



## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>594</b>
<b>Total Fat</b>	<b>10 g</b>
Saturated Fat	3 g
Cholesterol	172 mg
<b>Sodium</b>	<b>241 mg</b>
<b>Total Carbohydrate</b>	<b>55 g</b>
Dietary Fiber	5 g
Total Sugars	24 g
Added Sugars included	8 g
<b>Protein</b>	<b>71 g</b>

## Ingredients

4 boneless, skinless chicken breasts  
1 **tablespoon** curry powder  
Salt and freshly ground black pepper  
2 peaches, pitted and halved  
2 **tablespoons** honey  
1 **tablespoon** olive oil  
1/2 onion, peeled and finely chopped  
8 **ounces** package sliced mushrooms  
1 garlic clove, peeled, and minced  
1 **cup** reduced-sodium chicken broth  
1/2 **teaspoon** cinnamon  
1 Gala apple, peeled, cored, and chopped  
1 **cup** low-fat milk  
2 1/2 **tablespoons** all-purpose flour  
1/2 **teaspoon** oregano  
2 **cups** cooked basmati, white or brown rice  
1/2 cucumber, sliced  
Optional toppings: Raisins, cashews, peanuts, sliced bell pepper

## Directions

1. **Preheat the grill to medium--high heat.** Season chicken breasts each with 1/2 teaspoon curry powder, salt, and pepper, and add to the grill. Cook for 6 minutes on each side, or until golden brown. Remove chicken then add peach halves, cut side down, and cover. Grill until peaches are soft and tender, about 4 minutes. Remove from the grill, plate, and drizzle with honey.
2. **In a large nonstick pan,** warm oil over medium heat. Add onion, mushrooms, and garlic and cook for about 5 minutes, stirring occasionally, until vegetables are tender. Add 3/4 cup broth, cinnamon, and apple to pan and warm through.
3. **In a blender,** combine milk, flour, remaining 1 teaspoon curry powder, 1/4 cup broth, oregano, salt, and pepper to taste. Blend until smooth and creamy. Transfer to a small saucepan, heat over medium heat, continuously stirring with a whisk, until slightly thickened.
4. **Divide** the cooked rice and chicken amongst 4 plates. Top chicken with vegetables and sauce. Arrange cucumbers

along rim. Serve with grilled peaches.

The 2016 Healthy Lunchtime Challenge Cookbook