

May 2021

FOOD FOR THOUGHT—In Europe, people shop at the local market daily for fresh produce, meats, breads and other specialty items. They know the farmers/makers by name, enjoy samplings of the local fare and visit with friends while shopping...can you say this about your shopping experience at the grocery store? What is fresh and available is what determines dinner, not the BOGO (buy-one-get-one free) special at the grocery or the closest drive-thru on the way home!

There's value in knowing the people who make or grow your food, discussing the best methods of preparation and even learning more about their personal lives, their families and their inspirations and THIS human connection IS what nourishes our souls and feeds our state of well-being. I encourage you in the month of May to seek out your local Farmer's Market, meet the farmers/makers, plan your meals around what is available there and see for yourself how much better you feel!

Market finds in May? **Peaches** and they don't have to be just for desserts! This savory, one pot meal is sure to please the whole family. Easy enough for weeknight dinner but special enough for guests too!

This Month's Recipe:

BALSAMIC PEACH CHICKEN WITH PROSCUITTO

(Serves 4)

Ingredients

- 2 boneless chicken breasts, sliced in half horizontally (to make 4 pieces)
- [Sea salt and black pepper](#), to taste
- 4 teaspoons [fig preserves/jam](#)
- 8 thin slices prosciutto or ham
- ¼ cup red onion, chopped
- 4 garlic cloves, smashed
- 2 peaches, cut into 10-12 wedges
- 2 tablespoons fresh thyme leaves
- 2 tablespoons [avocado oil](#)
- 1 tablespoon unsalted butter
- 1 pinch [crushed red pepper flakes](#)
- ½ cup white [balsamic vinegar](#)
- ¼ cup dry white wine, such as Pinot Grigio or Sauvignon Blanc or sub with chicken broth
- 2 balls Burrata** cheese, at room temperature
- ½ cup fresh basil

Instructions:

Preheat the oven to 425 degrees. Grease an oven-safe skillet with avocado oil. Season the chicken with salt and pepper, to taste. Spread each chicken slice with 1 teaspoon of the fig preserves and then wrap 2 pieces of prosciutto/ham around each piece of chicken. Transfer the chicken to the prepared skillet.



Arrange the onions, peaches, and thyme around the chicken. Drizzle avocado oil over the peaches, season with salt and pepper. Transfer to the oven and roast for 15-20 minutes, until the chicken is cooked.

Switch the oven to broil. Remove the peaches from the skillet to a plate. Return the chicken to the oven and broil for 1-2 minutes, until the prosciutto is crisp. WATCH CLOSELY. Remove from the oven and place the chicken on the plate with the peaches.

Place the skillet with the shallots and garlic over medium heat. Add the butter and a pinch of red pepper flakes. Add the balsamic vinegar and wine/broth. Bring to a boil over high heat. Boil 3-5 minutes, until reduced by half. Slide the chicken and peaches back into the skillet, simmer 1 minute. Remove from the heat.

Serve the chicken topped with peaches, burrata, and fresh basil. Drizzle over any remaining pan sauce. Serve alongside cooked brown rice or quinoa and crusty bread for soaking up that sauce.

**Burrata is a fresh creamy cheese made from Buffalo milk that makes this dish special. Substitute fresh mozzarella is needed.

Adapted from Half Baked Harvest

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