



Roasted Chipotle Chicken with Peaches

Yield: 6 servings



6 oz Thinly Sliced Peaches
 1/4 Cup Fresh Lime Juice
 3 Tbsp Minced Canned Chipotle Peppers
 1/4 Cup Chopped Cilantro
 1/4 tsp Kosher Salt
 3 Boneless Chicken Breasts, Including Skin
 3 Whole Chicken Legs, Bone In, Including Skin

1 Cup Chicken Stock
 1 1/2 tsp Olive Oil
 1/8 tsp Kosher Salt
 1/8 tsp Ground Black Pepper
 1 Sliced Onion
 3 Whole Peaches

Place fresh peaches, lime juice, chipotle with adobo, cilantro, and salt in a blender and puree.

Rub olive oil, salt and pepper to the chicken pieces and brown the skin side of the chicken in a medium hot pan/braiser, 3-5 minutes. Flip the chicken over and just sear the underside for 1 minute. Remove chicken from pan.

Peel the peaches and cut in half. In the same pan, cook the onions briefly and add the peaches. Lay the seared chicken pieces on top and pour the sauce and chicken stock. Place the pan in a preheated 350F degree oven and bake until the chicken is cooked through. The breast will be done before the legs so remove the breasts first so they do not dry out, about 10 - 20 minutes. The legs will take an additional 20-30 minutes to be done and tender.

Portion Size: 1 piece of chicken with 1 piece of braised peach and 1/4 cup of sauce with onions.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sat Fat (g)
241.8	26.6	12.7	9.4	99	264.8	2.2	2.4