

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Peachy Chicken Salad

From rural Missouri coop

- 1 cup pecans, chopped
- ½ cup mayonnaise – Look for one without corn syrup or hydrogenated oil.
- ¼ cup sweet onion, minced
- 2 tablespoons fresh basil, chopped
- ½ teaspoon salt
- ½ teaspoon black pepper
- 4 cups chicken breast, cooked and chopped
- 4 cups ripe peaches, peeled and diced*

Preheat oven to 350°. Bake pecans in a single layer on a cookie sheet for 5 minutes or until lightly toasted and fragrant. Cool 15 minutes.

In a large bowl, stir together mayonnaise, onion, basil, salt and black pepper. Fold in toasted pecans, chicken and peaches. Cover and chill 2 hours before serving.

*How to easily peel peaches:

1. Bring a pot of water to boil (enough to submerge the peach fully).
2. Using a slotted spoon, dip peach for 30-45 seconds.
3. Transfer immediately to a waiting ice water bath (again, enough to submerge peach fully).
4. You should now be able to easily pull the skin off with your hands. Some people prefer to use a paring knife, but I prefer hands. You can also give it a quick rub with a dishtowel or paper towel. If the skin does not come off easily, repeat the process.