

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Sweet & Spicy Glazed Chicken with Corn, Avocado and Blueberry Peach Salsa

From www.howsweeteats.com

This recipe does have a few steps, but some of them can be done ahead of time, such as, making the salsa and cooking the corn. You can make tostadas with these by using organic corn tostada shells, or make your own by frying organic corn tortillas in a small skillet with 1-2 Tbsp olive oil one at a time for 15-20 seconds on each side.

You can also make these into tacos, or wrap them up in tortillas. We like Rudi's spelt organic tortillas, or Alvarado Street organic sprouted grain tortillas. You can also make it Paleo style, and eat it on it's own.

Serves 4-6

4 boneless, skinless chicken breasts

1 tsp salt

1 tsp pepper

1 Tbsp coconut oil

½ cup honey

½ cup rice vinegar

2 Tbsp barbecue sauce (We like Bone Suckin' Sauce from Whole Foods)

1 ½ Tbsp soy sauce (I prefer to use tamari or coconut aminos)

3 garlic cloves, minced or pressed

½ tsp red pepper flakes

2/3 cup cooked sweet corn

2 avocados, cut into cubes

1. Cut chicken into cubes. Heat a large skillet over medium heat and add the coconut oil. Add chicken, season with salt and pepper, and cook until golden brown on all sides, about 10-12 minutes. In a bowl, mix together vinegar, honey, barbecue sauce, soy sauce, garlic and red pepper flakes. Set aside.
2. Remove chicken from the skillet and place on a plate, keeping the heat on. Add sauce to the skillet, whisking well. Let it cook and bubble for 5-6 minutes, whisking occasionally until it slightly thickens and reduces by just a bit. Add the chicken back in the skillet and toss.
3. Assemble tostadas, tacos, or burritos by placing chicken in tortillas, then covering it with a few spoonfuls of corn, avocado and blueberry salsa.

Blueberry Peach Salsa

1 cup fresh blueberries, chopped

1 ripe peach, chopped

½ red onion, finely chopped

½ jalapeno, seeded and chopped

3-4 Tbsp fresh cilantro, chopped

The juice of one lime

Salt and pepper to taste

1. Combine all ingredients together in a bowl and mix. The longer it sits, the better it tastes! Keep refrigerated.