

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

One Pot Peach Basil Chicken

From www.howsweeteats.com

1 pound bone-in chicken thighs
1 teaspoon dried basil
1/2 teaspoon salt
1/2 teaspoon pepper
1 tablespoon olive oil
1 tablespoon butter
2 shallots, thinly sliced
4 garlic cloves, minced
2 peaches, sliced
1/4 cup peach preserves
1/4 cup dry white wine
1/4 cup dry cooking sherry
1 handful fresh basil leaves, chopped, plus extra for garnish

1. Preheat the oven to 400 degrees F.
2. Season the chicken with the basil, salt and pepper. Heat an oven safe (cast iron or enamel) pot or skillet over medium-high heat and add the olive oil. Add the chicken and sear it on both sides until it's golden brown, about 2 minutes per side. Remove the chicken and set it aside on a plate. Reduce the heat to medium and add the butter.
3. Add in the shallots and garlic with a pinch of salt. Stir well and cook for about 5 minutes. Stir in the peaches. Cook for another 5 minutes. Add in the peach preserves, wine and sherry, stirring with a wooden spoon to combine everything. Bring the mixture to a simmer. Once simmering, add the chicken back in. Place the pot in the oven for 20 minutes.
4. Remove the chicken and sprinkle with the chopped basil. Serve the chicken with a spoon for the extra sauce. You can serve this with rice, potatoes, quinoa, your favorite salad – the options are endless!