



Cooking Light

BBQ Chicken with Peach and Feta Slaw

Yield: Serves 4 (serving size: 1 1/2 cups slaw and about 3 1/2 oz. chicken)

Ingredients

- 5 tablespoons olive oil, divided
- 2 tablespoons sherry vinegar
- 1/2 teaspoon freshly ground black pepper, divided
- 3/8 teaspoon kosher salt, divided
- 1 1/2 cups sliced fresh peaches (about 2 medium)
- 1 (12-oz.) pkg. broccoli slaw
- 3 (6-oz.) skinless, boneless chicken breasts, cut crosswise into 1-in. strips
- 1/4 cup barbecue sauce
- 1 tablespoon chopped fresh chives
- 1 ounce feta cheese, crumbled (about 1/4 cup)
- 2 center-cut bacon slices, cooked and crumbled

Preparation

1. Combine 4 tablespoons oil, vinegar, 1/4 teaspoon pepper, and 1/4 teaspoon salt in a large bowl, stirring with a whisk. Add peaches and slaw to vinegar mixture; toss gently to coat.

2. Sprinkle chicken evenly with remaining 1/4 teaspoon pepper and remaining 1/8 teaspoon salt. Heat remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add chicken to pan; cook 6 minutes or until done. Place chicken in a large bowl. Add barbecue sauce to bowl; toss.

3. Divide slaw mixture evenly among 4 plates; top evenly with chicken strips. Sprinkle with chives, feta, and bacon.

Nutritional Information

Calories 407, Fat 22.5 g, Sat fat 4.4 g, Protein 33 g, Carbohydrate 16 g, Fiber 3 g

Reasons to Make this Recipe:

- ✓ Fun Summer Recipe
- ✓ Variety of vegetable and fruit combinations.
- ✓ Quick and Easy!
- ✓ Good balance of fat, protein and carbohydrates