



Grilled Chicken & Peaches
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This recipe for grilled chicken and peaches adds layers of flavor to the chicken, with a kicky rub, a sweet peachy glaze, and grilled peaches on the side. While the grill is going, grill up some fresh veggies, or try a grilled Romaine salad.

Servings: 8 → 40

PREP TIME
30 MIN

COOKING TIME
15 MIN

TOTAL TIME
45 MIN

Ingredients

10 pounds skinless, boneless chicken breasts, pounded to uniform 1/2 inch thickness

1/2 cup plus 2 tablespoons olive oil

RUB

1/4 cup plus 1 tablespoon chili powder

1/4 cup plus 1 tablespoon garlic powder

2 1/2 tablespoons granulated sugar

1 1/2 tablespoons plus 1/2 teaspoon salt

1/2 tablespoon plus 1 teaspoon ground white pepper

PEACH GLAZE

2 1/2 cups peach preserves, all fruit

1 1/4 cups hoisin sauce

3 tablespoons plus 1 teaspoon grated fresh ginger

1/2 tablespoon plus 1 teaspoon garlic powder

1 1/2 tablespoons plus 1/2 teaspoon sriracha

2 1/2 lime, zested

1/4 cup plus 1 tablespoon canola oil, or more as needed

20 large peaches, halved and pitted

1/4 cup plus 1 tablespoon lime juice

Nutrition

Calories 352, Total Fat 9g, Saturated Fat 1g, Trans Fat 0g, Polyunsaturated Fat 2g, Monounsaturated Fat 5g, Cholesterol 96mg, Sodium 531mg, Total Carbohydrates 28g, Dietary Fiber 2g, Sugar 20g, Protein 36g, Vitamin A 630IU, Vitamin C 9mg, Calcium 35mg, Iron 1mg, Phosphorous 292mg, Potassium 526mg

Cooking instructions

1. Gather all ingredients and equipment.

CCP: Wash your hands with warm water and soap for at least 20 seconds

CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.

2. Thawing CCP: Defrost chicken in the refrigerator, in cold water or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

3. Cut chicken into 4 ounces pieces if necessary. Pound to uniform 1/2 inch thickness.

4. Prep ginger, lime and peaches as directed above.

CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.

CCP: Clean lids before opening canned goods.

Drain canned fruit.

5. Pat chicken pieces dry with a paper towel, and coat all sides with olive oil.

6. RUB: Combine chili powder, garlic powder, sugar, salt, and white pepper in a bowl; mix well. Rub spice mixture on chicken pieces.

7. PEACH GLAZE: Meanwhile, stir peach preserves, hoisin sauce, grated ginger, garlic powder, Sriracha, and lime zest together in a saucepan over medium heat. Heat, stirring, until the preserves are melted and ingredients are well blended, about 3 to 5 minutes. (You will use half of peach glaze during the last minutes of cooking chicken, and reserve half until ready to serve).

8. Grill chicken on medium-high for about 4 to 5 minutes per side, depending on thickness, until the internal temperature reads about 155°F (68°C). Brush chicken with peach glaze and grill 1 minute more, then turn the chicken and brush glaze on the other side. Continue grilling and turning until the chicken reaches the stated CCP temperature. Transfer to a serving pan and cover with foil.

CCP: Cook to a minimum internal temperature of 165 °F (74°C).

Note: Reserve portions for "Grilled chicken, plain" diets below before proceeding to next step.

9. Meanwhile, grill peaches. Using tongs, place peach halves on the grill, cut side down, and grill just until there are grill marks, 1 to 2 minutes. Top grilled chicken with grilled peaches and brush with reserved glaze. Drizzle with lime juice.

10. Hold for service.

CCP: Hold at an internal temperature of 135°F (57°C) and above.

Serving instructions

Serve One 3 ounce piece topped with peaches using a spatula for approved diet types and textures.

****DIET TYPES****

Diabetic (CCHO): Grilled chicken, plain
Heart Healthy/Cardiac: YES
Low Sodium: YES
Vegetarian: Seitan Chicken (Vegan Chicken) or refer to Vegetarian Tip Sheet for products
Gluten Free: YES

****TEXTURES & CONSISTENCIES****

FF: Grilled chicken, plain, cut up
EC7/Soft: Yes, if tender enough to be cut with a fork OR Soft & Bite Size Roast Chicken Breast
SB6: Soft & Bite Size Roast Chicken Breast
MM5: Minced & Moist Roast Chicken Breast
PU4: Pureed Roast Chicken Breast

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 7.10.26. Garnish with lime if desired.

Equipment

bowl, grill, tongs, serving pan, foil, spatula, saucepan

Tags

july collection, saucepan, ec7, easy to chew, easy, soft, parent recipe, heart healthy/cardiac, low sodium, dairy free, gluten free, spatula, foil, serving pan, tongs, grill, bowl, hot hold, allrecipes, regular, fruit, chicken, poultry, entree, entree/main dish, dinner, lunch
