

Chicken N' Peaches

Prep time: 20 min.

Cook time: 45-60 min.

Oven Temp: 350 F

Ingredients:

*1 quart canned peaches (medium syrup)

~3 chicken breasts, pounded to ½ inch thin

1 cup plain bread crumbs

½ cup parmesan cheese + 2 TBSP

2-3 TBSP olive oil

~2 eggs, beaten

Let's make it!

In a plastic bag, combine the bread crumbs and the parmesan cheese. Set aside.

In a medium size bowl, beat the eggs. Set aside.

Trim and pound chicken to ½ inch thickness.

Dip the chicken in the egg batter then promptly dredge the chicken in the bread crumb mixture. You can do about 2 at a time. Shake the bag so that the chicken is coated with the bread crumb/parmesan mixture.

Heat your oil in a large skillet to medium-high heat. Once the pan is nice and hot, add all of your chicken (if you can fit it!)

Cook until the outside begins to turn golden brown. Flip. Do the same for the other side.

The chicken will not be fully cooked after this stage, this is simply browning.

Next, pour a bit of peach liquid in the bottom of a 13x9 pan. Add the chicken. Top with the remaining syrup, peaches and the finish with the 2 TBSP of parmesan cheese.

Cover and cook for about 30-45 minutes @ 350 degrees.

Uncover and cook an additional 10-15 minutes.

Serve over mashed potatoes (or cauliflower!) with your favorite summertime vegetable.

Enjoy!

* If you are using fresh peaches, peel, halve them and remove the pit. Place on top of the chicken. To make medium syrup, bring 2 cups of water to a boil, then add 1 cup of sugar. Bring that mixture to a boil for 1 minute. You can do this on the stove top or in the microwave.

Voila!