

Peachy Barbecue Chicken

2 tablespoons butter
2 tablespoons olive oil
6 boneless, skinless chicken breasts
1/2 large onion, chopped
3/4 cup whiskey
2 cups barbecue sauce
1/2 cup peach preserves
1 tablespoon Worcestershire sauce
1/4 cup water
4 peaches, pitted and sliced into 8 slices each
Cooked brown rice

In a large skillet, melt butter and olive oil. Add chicken breasts and brown on both sides, about 5 minutes. Remove to a 9"x13" baking dish. Add onion to skillet and cook until translucent, about 3 minutes. Stir in whiskey off the heat. Simmer for about 3 minutes to cook and reduce slightly. Add barbecue sauce, preserves, Worcestershire sauce and water. Bring to a simmer. Pour over chicken and add peaches on top. Cover with foil and bake at 300 degrees for about 45 minutes or until chicken is done through and the peaches are softened. Serve over rice.

Seasonal
Eating

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



July 2012
Summer Fruit Basket

Melon Salad with Poppy Seed Dressing

- 1 cantaloupe
- 1 honeydew melon
- 1/2 seedless watermelon
- 2 tablespoons red wine vinegar
- 6 tablespoons sugar
- 3/4 cup vegetable oil
- 1 1/2 teaspoons poppy seeds
- 1/2 teaspoon kosher salt
- 6 tablespoons plain yogurt

Using a melon baller, scoop out the flesh of the melons into balls. In a medium bowl, whisk together vinegar, sugar, oil, poppy seeds, salt and yogurt. Refrigerate until serving time. Just before serving, combine melon balls and dressing.

Peach and Watermelon Salsa

- 2 cups peeled, diced fresh peaches
- 2 cups seeded and diced watermelon
- 1/2 jalapeño pepper, seeded and minced
- 1 tablespoon sugar
- 3 tablespoons fresh lime juice
- 2 teaspoons orange zest
- 1/2 cup chopped cilantro
- 1/3 cup diced sweet onion

Combine all ingredients. Serve with tortilla chips or over grilled, sautéed or baked chicken or fish.

Note: This is a great way to use up the trimmings from the watermelon basket.



Step 1:

Make a horizontal cut on each end of the melon just above the horizontal equator, leaving about a 2 1/2" wide section in the middle for the handle. Cut down from the top on each side of the handle, removing a section from each end.



Step 2:

If using a triangular cutting tool, leave the flesh inside and poke the tool into the sides to create a zig-zag pattern around the rim of the basket. The tool should be held to form a V and should be poked in about 3/8" down from the rim, ensuring that the tops of the V cuts meet each time. When finished with the sides, continue along the edges of the handle.



If you are using a knife, remove the flesh first and then cut the zig-zag pattern.

Step 3:

Remove flesh by cutting out the section holding the handle up first. Next remove the flesh from the bowl by cutting chunks from the top and then scooping them out with a large spoon (or using a melon baller to make balls). Continue until the majority of the flesh is removed. Finish by scraping the remaining flesh out with a spoon to make it smooth on the inside.

