

Sauté Spinach with Warm Peaches

Courtesy of Carole's Creations

Prep Time: 5

Cooking Time: 5

Serves: 4

CChints: This is a great summer time recipe when peaches are in season. The peaches do not need to be peeled, just rinsed and dried. Two bags of spinach may look like a lot but when it is cook it will wilt down by about 75%.



2 teaspoons olive oil

2 ripe peaches, seeded and sliced

1/3 cup reduce sodium chicken broth

3 tablespoons fresh lime juice

1 tablespoon chopped, fresh oregano

Dash of salt and pepper

3 gloves minced garlic or 1-1/2 teaspoons minced from a jar

1-1/2 teaspoon grated orange zest

2 - 9 ounce bag of fresh, prewashed spinach

Rinse and dry the peaches. Cut each peach in half and remove the seed. Slice each half into half inch slices. Add 1-1/2 teaspoons of oil over medium heat to a large pan that has a lid. Add the sliced peaches and cook on both sides for 1 minute. Remove from the skillet and set aside. f oil and the chicken to the pan and coat with half the salt and pepper. Cook covered for 4 minutes then flip over for 3 more minutes or until done. Transfer to a container that will keep them warm.

If you are serving a side vegetable, you may want to start it now.

Combine the broth and lime juice. Reduce the heat to medium-low and slowly add the liquid to the pan, using a wooden spoon to loosen the brown bits for 1 minute. Add the oregano through orange zest and stir occasionally for 1 minute. Add the spinach to the pan and stir occasionally for 1- 2 minutes until it begins to break down. Cover and let sit for another 3 minutes until the spinach has wilted.

Transfer to a serving bowl and enjoy.

Caroleicious!