



# Spiced Chicken with Peach Chutney



## Peach Chutney

4 medium	peaches, peeled and thinly sliced
one-half cup	packed brown sugar
one-half cup	finely chopped red onion
one-third cup	cider vinegar
one-quarter cup	lemon juice
one clove	garlic, minced
one teaspoon	chopped ginger root
one teaspoon	chopped green chilies



## Spiced Chicken

Four teaspoon	dried oregano, <b>or</b> one-quarter cup fresh, chopped
One tablespoon	minced garlic
One tablespoon	vegetable oil
Three-quarter teaspoon	fennel seeds
Three-quarter teaspoon	chopped green chilies
Four	chicken breasts

1. Peach Chutney: In a saucepan, bring ingredients to a boil. Reduce heat and simmer for 5 minutes. With slotted spoon, remove peaches and set aside. Simmer liquid until reduced to thick syrup. Return peaches to saucepan and return to boil. Remove from heat. Cool.
2. Spiced Chicken: Preheat barbecue or oven. In a small food processor, combine ingredients for spice mixture; process until smooth. Lift up skin from chicken but do not remove. Spread spices on chicken and replace skin. Let stand for 30 minutes.
3. Barbecue on greased grill for about 35 minutes or until no longer pink inside. Or bake on greased baking sheet in 400°F (200°C) oven. Remove skin before serving with Peach Chutney.

*Tip: You can make the Peach Chutney ahead and refrigerate until ready to serve.*

## ***Nutritional Information Per Serving***

Calories: 341    Dietary Fibre: 2 g    Carbohydrates: 42 g  
Fat: 8 g    Protein: 26 g

*Adapted from Dietitians of Canada: Cook Great Food,  
Robert Rose Inc., 2001*

