

**Grilled Peachy
Chicken Salad Wrap
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Tip of the Month Transcript – June, 2008

Welcome back! Well, we made it, no more cold weather! Now's the time to really start to think about what we can make fast, easy, and something that tastes great and is good for us. Let's start with the outdoor grill. Make sure it's clean and oiled. Do this by placing oil on a towel and rubbing down the grates of the grill. This will help keep things from sticking.

Today we are going to make **Grilled Peachy Chicken Salad Wraps**. This is something that's great to take to the beach, or leave on the deck at a pool party.

Let's get our chicken breast. Since we are making this for four people, we should buy four breasts at about 6 or 7 ounces a piece. We want to take off the skin and any excess fat so they are very clean.

Next, let's get our mixing bowl where we can place about 2 oz of olive oil, the juice of two fresh limes (if you don't have limes, use some bottled juice), $\frac{1}{2}$ teaspoon of salt, 1 teaspoon of cracked black pepper. (You can also use Pepper Melange which is white, black, green and pink pepper.) This will give this dish a real spark if you like things a little spicy. Whip this up and put the chicken in to marinate for about 30 minutes.

After sitting for a half an hour, remove the chicken from the marinate and place on your hot grill. After the chicken is fully cooked and you have those nice grill marks, remove it from the heat and place the chicken aside. Slice the chicken down into strips that are about $\frac{1}{2}$ inch thick.

Now for the peaches. It's a great time of year for this fruit as they are so sweet and full of juice. Let's use two peaches for our recipe. Cut them in half and remove the seed. Slice them into one inch slices. I want us to put these in a separate mixing bowl with some chopped garlic – about one teaspoon should do it. Also add ½ tablespoon of oil, one teaspoon of Dijon mustard, 1 tablespoon of sherry white vinegar, 1 tablespoon of brown sugar, and a quarter of a teaspoon of salt and pepper mix. Stir it all together and let that sit for about 5 minutes.

Now, let's take those peaches and put them on the grille for about two minutes on each side. After you get the grill marks on each side, take them off the grille and let them rest.

Next – the wraps. We can do a couple of things here. We can use lettuce leaves to wrap our chicken and peaches in (use iceberg lettuce and remove the leaves from the core as we want the leaves large enough to tuck and fold them around the chicken and peaches.) If you don't have iceberg lettuce, green leaf lettuce or romaine will work. This is a pretty low calorie lunch or snack!

But you can take it up one more step and use our favorite flour tortilla to wrap the chicken, peaches, and lettuce within. There is also something called lavish bread which I love to use for this. It's a flat bread which folds easily and tastes great. To spice it up further, you can add some black bean salsa or even some hummus to this before rolling it. This really adds a lot of flavor!

Remember to not use too much of the moisture or juice when rolling these as it will leak out or make things a bit soggy.

Sounds great, doesn't it? Well enjoy, and until next time... keep cooking!