

BBQ Chicken & Peach Slaw

Ingredients

- 5 Tbsp olive oil, divided
- 2 Tbsp sherry vinegar
- ½ tsp freshly ground black pepper, divided
- 3/8 tsp kosher salt, divided
- 1 ½ cups sliced fresh peaches (about 2 medium)
- 1 pre-packaged broccoli or cabbage slaw (ideally without carrots if not on maintenance)
- 3 skinless, boneless chicken breasts, cut crosswise into strips
- 1/4 cup Primal Kitchen barbecue sauce – PrimalKitchen.com has 3 options
- 1 Tbsp chopped fresh chives
- ¼ cup feta cheese, crumbled (optional)



Directions:

1. Combine 4 tablespoons oil, vinegar, 1/4 teaspoon pepper, and 1/4 teaspoon salt in a large bowl, stirring with a whisk.
2. Add peaches and slaw to vinegar mixture; toss gently to coat.
3. Sprinkle chicken evenly with the remaining 1/4 teaspoon pepper and remaining 1/8 teaspoon salt. Heat the remaining tablespoon of oil in a large non-stick skillet over medium-high heat. Add chicken to pan; cook for six minutes or until done. Place chicken in a large bowl. Add barbecue sauce to the bowl and toss.
4. Divide slaw mixture evenly among 4 plates: top evenly with chicken strips. Sprinkle with chives & feta

This recipe makes approx. 4 servings and satisfies all 4 components of the meal in one