

# Pecan Crusted Chicken

## WITH PEACH-BLACKBERRY BBQ SAUCE & QUINOA WITH VEGGIES

### PECAN CRUSTED CHICKEN

#### INGREDIENTS:

1 cup broken pecans  
1/2 cup plain unseasoned bread crumbs  
1/4 teaspoon garlic powder  
1/4 teaspoon paprika  
1/2 teaspoon table salt  
1/8 teaspoon black pepper  
1/2 teaspoon parsley or herbs de provencal  
2 large eggs  
1/4 cup melted butter or mild oil  
2 pounds boneless, skinless chicken breasts, cut lengthwise into strips  
chopped parsley, garnish  
flour

### BARBECUE SAUCE

#### INGREDIENTS:

1 pound fresh peaches  
3/4 cup chopped sweet onion such as vidalia  
1 1/2 tablespoons minced fresh jalapeno with seeds  
1 tablespoon canola oil  
1/4 cup cider vinegar  
1/4 cup bourbon  
2 1/2 tablespoons milk honey  
2 tablespoons dijon mustard  
3/4 teaspoon light brown sugar  
1/4 teaspoon chili powder  
1/8 teaspoon dry mustard  
1/4 teaspoon kosher salt  
blackberries, for garnish

### QUINOA WITH VEGGIES

#### INGREDIENTS:

2 cups quinoa  
1 cup wild rice  
1 tablespoon olive oil or peanut oil  
1 cup mushrooms, diced  
1/2 cup diced chives  
1/2 cup diced orange bell pepper  
1/2 cup diced yellow bell pepper  
1 teaspoon sea salt  
1 teaspoon cayenne or crushed red pepper

#### DIRECTIONS:

Preheat oven to 375 degrees F. Lightly grease a large baking sheet. In food processor bowl, combine pecan pieces, bread crumbs, and seasonings. Pulse for 1 minute to combine. Pour into a shallow dish. In a medium bowl, beat together eggs, oil or melted butter and dredge chicken in flour. Dip chicken strips into the egg mixture one at a time, then coat with pecan mixture, shaking to remove any excess. Transfer to greased baking sheet and bake at 375 degrees F., turning once, until chicken strips are cooked through and golden brown- 15-20 minutes. Divide chicken on serving plates.

#### DIRECTIONS:

Cut an X in bottom of each peach, then blanch in a medium saucepan of boiling water for 10 seconds. Transfer with a slotted spoon to a bowl of ice and cold water and cool. Peel Peaches and coarsely chop. Cook onion, jalapeno and a pinch of kosher salt in oil in a heavy medium saucepan over medium heat, stirring occasionally, until softened, 8-10 minutes. Add peaches and remaining ingredients and simmer, uncovered, stirring occasionally, until peaches are very tender, about 30 minutes. Puree in a blender (use caution when blending hot liquids), and drizzle atop the Pecan Chicken. Add blackberries for garnish.

#### DIRECTIONS:

In a large skillet, bring 4 cups of water to a boil. Add the quinoa and cook, stirring occasionally, until it expands out of its shell, about 10 minutes; be careful not to overcook it. In a medium saucepan, bring 2 cups of water to a boil. Add the rice and cook, stirring occasionally until done, about 20 minutes. In a large skillet, heat the olive oil over medium heat. Add the mushrooms, chives, bell peppers, salt, and cayenne pepper. Cook, while stirring, for about 3 minutes. Add the quinoa and rice and stir until hot. Serve immediately