



Honey Glazed Peaches over Seared Chicken

Prep: 15 minutes | Cook: 30 | Total: 45 minutes

Yield: 2 servings | Serving Size: 1 Chicken Breast and 1/3 cup Peaches

Ingredients

- 2 boneless, skinless chicken breasts
- 1 fresh peach, pitted and diced
- 2 Tablespoons olive oil
- 2 Tablespoons white vinegar
- 1/4 teaspoon red pepper flakes
- 1/4 cup water
- 2 Tablespoons fresh basil, chopped
- 1 Tablespoon raw honey

Directions

1. In a large pan, heat olive oil on medium-high until hot. Add the chicken and cook 7-9 minutes per side or until cooked through. Remove chicken once cooked to rest on a plate while leaving brown bits in pan.
2. Add diced peach, vinegar, red pepper to pan and cook for 1-2 minutes.
3. Add honey and water and cook for an additional 3-4 minutes or until glaze has thickened.
4. Turn off heat and stir in basil. Transfer to bowl.
5. To serve: place chicken breast on plate and top with glazed peaches

Recipe Notes

- Peaches are seasonal to Arkansas in late July until September. To enjoy year round, peaches can be canned or stored in freezer by placing slices to baking and sheet and freezer. Once frozen store in freezer bag for 3-6 months.
- Vitamin C, calcium, and potassium are a few vitamins and minerals found in peaches. The majority of the fruit is made up of water making it a great source of hydration.

Nutrition Facts Per Serving: Calories: | Total Fat: g | Saturated Fat: 2g
Sodium: mg | Total Carbohydrate: g | Dietary Fiber: g | Protein: g

Submitted by Meg Green MS, RD, CSP, LD
For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs



Sweet Potato Mash

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes
Yield: 2 serving | Serving Size: 1/2 cup

Ingredients

1 sweet potato, peeled, diced
1/2 cup coconut milk

Directions

1. Heat a medium pot of water to boil on high.
2. Add sweet potato and cook until tender with fork, 14-16 minutes.
3. Drain and return to pot and add coconut milk.
4. Using a fork, mash to desired consistency.

Recipe Notes

- Sweet Potatoes are loaded with beta carotene which is a rich antioxidant and source of Vitamin A.
- Coconut milk is high in electrolytes and medium chain fats. Medium chain fats are easier to process by the liver and convert to a fuel source and become less likely to be stored as body fat.

Nutrition Facts Per Serving: Calories: 61 Total Fat: 1 g | Saturated Fat: 1 g
Sodium: 45 mg | Total Carbohydrate: 12 g | Dietary Fiber: 2 g | Protein: 1 g

Submitted by Meg Green MS, RD, CSP, LD
For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs



Marinated Tomatoes and Cucumbers

Prep: 10 minutes | Total: 10 minutes
Yield: 4-5 servings | Serving Size: 1 cup

Ingredients

1 cup water
1/2 cup white vinegar
1/4 cup olive oil
1/4 cup sugar substitute
1 teaspoons salt
1 Tablespoon pepper
4 cucumbers, sliced
3 tomatoes, cut in wedges
1 small onion, sliced into rings

Directions

1. Stir together water, vinegar, sugar substitute, salt, and pepper in a bowl.
2. Add cucumbers, tomatoes, and onions then stir until evenly coated.
3. Place in refrigerator for 2 hours up to 24 hours before serving.

Recipe Notes

- Cucumbers and tomatoes are local to Arkansas, and are available during summer months into early fall.
- Both cucumbers and tomatoes are great sources of vitamin K which is used to make proteins needed for blood clotting and Vitamin C which helps boost immunity.
- Sugar substitute options are stevia, coconut sugar, monk fruit sugar, raw honey, date paste, and agave nectar.

Nutrition Facts Per Serving: Calories: 88 | Total Fat: 1 g | Saturated Fat: 0 g
Sodium: 575 mg | Total Carbohydrate: 20g | Dietary Fiber: 2 g | Protein: 1 g

Submitted by Meg Green MS, RD, CSP, LD
For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs