

# CHANGE ONE MEAL! August, 2016

## BARBECUE CHICKEN with PEACH and FETA SLAW



**CHANGE ONE MEAL** is a mini-initiative challenge from Chanute Recreation Commission to encourage Chanute residents to change one meal (one meal a day, one meal a week, one meal a month – whatever works best for your lifestyle) to a healthier option.

Each month, the CRC website and FB feature easy-to-prepare recipes. **Take the challenge, and change one meal!**

### Ingredients

5 tablespoons olive oil, divided  
2 tablespoons red wine vinegar  
1/2 teaspoon freshly ground black pepper, divided  
1 1/2 cups sliced fresh peaches (about 2 medium)  
1 (12-oz.) pkg. broccoli slaw  
3 (6-oz.) skinless, boneless chicken breasts, cut crosswise into 1-in. strips  
1/4 cup barbecue sauce  
1 tablespoon chopped fresh green onions  
1 ounce feta cheese, crumbled (about 1/4 cup)  
2 center-cut bacon slices, cooked and crumbled (OPTIONAL)

### Preparation

1. Combine 4 tablespoons oil, vinegar, 1/4 teaspoon pepper in a large bowl, stirring with a whisk. Add peaches and slaw to vinegar mixture; toss gently to coat.
2. Sprinkle chicken evenly with remaining 1/4 teaspoon pepper. Heat remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add chicken to pan; cook 6 minutes or until done. Place chicken in a large bowl. Add barbecue sauce to bowl; toss.
3. Divide slaw mixture evenly among 4 plates; top evenly with chicken strips. Sprinkle with green onion, feta cheese, and bacon (if desired).