



I know. I can see your forehead wrinkling at the title, but trust me. For something fresh, light and a little different, you'll definitely want to give this a try. You'll be amazed at how well all these flavors and textures love each other! So, forks up, everyone! Here's to a safe and delicious summer!



Grilled Peach Turkey Bowl (for 2)

Ingredients

2 whole fresh peach
2 to 3 thick slices of turkey breast (I used 203 total grams)
2 slices of bacon (or 6 to 8 oz. of pancetta)
2 Tbsp. yellow onion, diced
2 cloves of garlic, chopped
2 c. fresh Swiss chard
1 c. brown jasmine rice, cooked
Garlic & herb salt-free seasoning
Feta crumbles

Method

Heat 4 cups of water in medium sauce pot on stove. When water reaches boiling, use tongs to carefully add whole peaches to water. Leave peaches in boiling water for only a minute or two. Use tongs to remove peaches and plunge them immediately in bowl of ice water. Skin should come off easily after they are cool enough to handle, remove peach pits and slice each into 6 to 8 sections.

Slice bacon thinly. Add bacon to large skillet over medium heat. Stir and cook. Stir in onions. When bacon is nearly finished cooking, add garlic. Stir and cook about 30 seconds. Add chopped Swiss chard and sprinkle with garlic & herb seasoning. Stir and cook distributing all ingredients evenly. Let chard wilt, then reduce heat to simmer.

Heat stove top grill pan over medium heat. Arrange turkey slices. Cook and turn only once creating clean grill marks. Remove from pan and dice.

Add peach slices to pan. Cook and turn only once creating clean grill marks. Remove from pan and dice.

To plate: spoon equal portions of jasmine rice (prepared according to package directions) into 2 bowls. Arrange equal portions of diced turkey next to rice. Add chard mixture next to turkey. Finish off bowl with grilled peach slices and sprinkle with feta crumbles, if desired. This is delicious hot OR cold. Enjoy!