



## Grocery and equipment list: Skillet chicken with peaches, Smashed potatoes, and kale chips

### SKILLET CHICKEN WITH PEACHES – Serves 4

#### Fridge:

1 ½ - 2 lbs boneless, skinless chicken thighs (about 6-9 pieces)  
2 fresh peaches  
Fresh basil or fresh mint  
Low sodium tamari (or soy sauce)

#### Pantry:

¾ cup peach jam (can substitute with apricot jam)  
1 medium red onion  
Freshly ground black pepper  
Kosher salt  
Low sodium chicken stock (or white wine)  
Olive oil  
Red pepper flakes  
Rice vinegar (or white wine vinegar)

#### Equipment:

2 large plates  
Cutting board  
Knife  
Large skillet (preferably cast iron)  
Measuring cups and spoons  
Tongs  
Wooden spoon or spatula



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### SMASHED POTATOES – Makes 4 side dishes – If you have large eaters you can 1 ½ or double

<p><b><u>Fridge:</u></b></p> <p>2 Tbsp grated parmesan cheese          Fresh parsley (optional as garnish)</p> <p><b><u>Pantry:</u></b></p> <p>1 ½ lbs baby potatoes (any colour)          Freshly ground black pepper          Kosher salt          Olive oil</p>	<p><b><u>Equipment:</u></b></p> <p>Aluminum foil          Colander (strainer)          Fork          Glass          Large baking sheet          Large pot          Measuring spoons          Oven          Oven mitts          Parchment paper          Trivet</p>
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### KALE CHIPS – Serves 2-4

<p><b><u>Fridge:</u></b></p> <p>1 large bunch curly kale</p> <p><b><u>Pantry:</u></b></p> <p>Kosher salt          Olive oil</p>	<p><b><u>Equipment:</u></b></p> <p>Measuring spoons          Oven          Oven mitts          Salad spinner          Trivet</p>
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