

Baked Chicken with Spinach, Pears, & Blue Cheese

Servings: 2

From <http://www.wholefoodsmarket.com/recipes/991>

Ingredients

2 boneless, skinless chicken breasts
1/4 teaspoon salt
1/4 teaspoon pepper
1 1/2 tablespoons extra-virgin olive oil, divided
1/4 cup diced onion
2 cups loosely packed spinach, washed, dried, stems removed
1 tablespoon apple cider vinegar
1 ripe Anjou pear, peeled, cored and cut into 1/2-inch-thick slices
1 tablespoon chopped fresh parsley
1/3 cup blue cheese crumbles

Preparation

- 1) Preheat oven to 375°F. Season each chicken breast with salt and pepper.
- 2) In a large, oven-proof skillet, heat 1/2 tablespoon olive oil and sear breasts 2 to 3 minutes each side until lightly golden. Place pan in oven and bake until chicken is cooked through, about 15 minutes.
- 3) While chicken is cooking, heat 1/2 tablespoon olive oil in a large pan over medium heat and sauté red onion until just softened, 2 to 3 minutes. Add spinach and toss until wilted. Season with salt and pepper and transfer to a large platter or divide evenly between 2 plates.
- 4) Wipe out pan and heat remaining 1/2 tablespoon olive oil with vinegar. Add pears and gently heat until warm. Stir in parsley.
- 5) Arrange cooked chicken breasts on spinach. Top with warmed pear slices and about 2 tablespoons blue cheese per breast.

Garlic Mashed Potatoes

Servings: 2

From <http://www.myrecipes.com/recipe/garlic-mashed-potatoes-50400000120251/>

Ingredients

1 lb cubed potatoes
1 teaspoon minced garlic
1/4 cup milk
1/2 tablespoon butter
1/4 teaspoon salt
1/4 teaspoon black pepper

Preparation

1) Place potatoes and garlic in a medium saucepan; cover with cold water. Bring to a boil. Reduce heat, and simmer 12 minutes or until potatoes are very tender. Drain. Return potato mixture to pan. Add milk, butter, salt, and black pepper; mash with a potato masher to desired consistency.