

# Solar Haven Farm LLC

## Favorite Recipe Collection

### Grilled Chicken with Spicy Ginger Peach Marmalade Glaze

#### Ingredients

1 8 oz jar of Ginger Peach Marmalade  
2 teaspoons of finely chopped garlic  
2 teaspoons of olive or canola oil  
1 tablespoon of low sodium soy sauce  
2 tablespoons of Habanero Mango Mustard Sauce  
1 small jalapeno (or ½ Serrano), finely chopped  
Salt and freshly ground pepper (to taste)

6 large boneless chicken breasts (with skin)

#### Directions

Combine Spicy Ginger Peach Marmalade Glaze ingredients in a medium bowl and season with salt and pepper to taste.

Preheat grill. Brush the chicken with olive oil and season with salt and pepper to taste. For chicken breasts, place skin side down for 4 to 5 minutes until golden brown. Turnover and brush top with generous coating of glaze. Continue cooking for 5 to 6 minutes. Turnover and brush top with a generous coating of glaze. Continue cooking another 5 to 6 minutes until the chicken is done.

Note: This recipe was modified from FoodNetwork.com recipe.

### Roasted Chicken with Spicy Ginger Peach Marmalade Glaze

#### Ingredients

1 8 oz jar of Ginger Peach Marmalade  
2 teaspoons of finely chopped garlic  
2 teaspoons of olive or canola oil  
1 tablespoon of low sodium soy sauce  
2 tablespoons of Habanero Mango Mustard Sauce  
1 small jalapeno (or ½ Serrano), finely chopped  
Salt and freshly ground pepper (to taste)

1 (3 ½ to 4 ½ pound) chicken

#### Directions

Combine Spicy Ginger Peach Marmalade Glaze ingredients in a medium bowl and season with salt and pepper to taste.

Preheat oven to 375 degrees. Brush the chicken with olive oil and season with salt and pepper to taste. Place chicken on roaster pan rack and continue to bake until thermometer reaches 150 degrees (when placed in thickest part of thigh), 50 to 60 minutes. Next, glaze the chicken with the Spicy Ginger Peach Marmalade Glaze using a pastry brush. Roast until the thermometer reaches 175 degrees (an additional 15 to 20 minutes). Remove from oven and let rest for 10 minutes before serving.

Note: This recipe was modified from FoodNetwork.com recipe.

### Oriental Lamb Chops

#### Ingredients

3 tablespoons dark Oriental sesame oil (opt: use half canola oil)  
6 thick lamb chops, shoulder cut, trimmed of excess fat (recipe also works well with pork chops)  
3 garlic cloves, finely minced  
3 tablespoons low sodium oriental soy sauce  
3 tablespoons Oriental chili paste (chili sauce ok)  
½ cup Peach Mango Chutney  
½ cup Ginger Peach Marmalade  
1 ½ tablespoons rice wine vinegar  
1 tablespoon minced fresh gingerroot

#### Directions

1. Heat the sesame/canola oil in a skillet large enough to hold all of the lamb chops. Add chops and brown them lightly on both sides. Transfer chops to paper towels to drain.
2. Add the onion and garlic, cook covered over low heat for 20 minutes or until tender and lightly colored.
3. Add soy sauce, chili paste, chutney, marmalade, vinegar and gingerroot. Simmer for 2 minutes, stirring constantly.
4. Return chops to the skillet. Cook covered over low heat until the chops are down to taste (about 5-7 minutes for medium rare). Serve immediately, spooning sauce over chops (sauce is also good on rice).

Note: This recipe was modified from the Silver Palate Cookbook.

### Black Bean, Chicken and Roasted Corn Stew

#### Ingredients

2 teaspoons olive or canola oil  
1 large onion, chopped  
2 cups shredded cooked chicken  
1 16 ounce jar of Roasted Corn Black Bean Salsa  
¾ cup chipotle chile salsa  
1 cup cherry tomatoes, halved  
¼ cup fresh cilantro, chopped  
2 tablespoons fresh lime juice

#### Directions

1. Heat the oil in a large saucepan over medium heat. Add the onion and cook, stirring frequently, until lightly browned, about 5 minutes. Reduce the heat and add the chicken, Roasted Corn Black Bean Salsa and chipotle chile salsa. Cook, stirring occasionally, until heated through, about 3 to 5 minutes.
2. Stir in the cherry tomatoes and cook until heated through, about 2 minutes. Stir in the cilantro and lime juice. Serve! This tastes even better as a leftover!

Note: This recipe was modified from the Simply Bueno! WeightWatchers cookbook.