



CHIMICHURRI 'CUED CHICKEN Chili powder and chile peppers add kick without a lot of calories.

Chimichurri 'Cued Chicken

Prep: 20 minutes Cook: 25 minutes
Stand: 30 minutes Makes 4 servings

- 1 whole chicken, cut into 8 pieces
- ½ teaspoon freshly cracked black pepper
- 2 tablespoons orange zest
- 2 teaspoons chili powder
- 1 teaspoon sea salt
- Olive oil for brushing grill

CHIMICHURRI SAUCE

- 9 garlic cloves, chopped
- 4 small bay leaves
- 1 poblano chile, stem removed and coarsely chopped
- 1 serrano chile, stem removed and coarsely chopped
- 1 teaspoon sea salt
- ¼ cup plus 2 tablespoons sherry vinegar
- ½ cup finely chopped fresh flat-leaf parsley
- ½ cup finely chopped fresh oregano
- ½ cup finely chopped fresh basil
- 3 tablespoons olive oil

1. Rub chicken with pepper. In a bowl, combine orange zest, chili powder, and salt. Rub evenly over chicken. Let stand at room temperature 30 minutes.

2. Preheat grill.

3. For the Chimichurri Sauce, process garlic, bay leaves, chiles, salt, and ¼ cup vinegar in a blender; process until a paste forms, scraping down sides as needed. Transfer to a bowl, and stir in parsley, oregano, and basil. Whisk in remaining 2 tablespoons vinegar, oil and 2 tablespoons hot water until well-combined. Keep at room temperature until serving. (Sauce can be stored in the refrigerator in an airtight container up to 3 days.)

4. Lightly brush grill rack with oil. Place the chicken, skin side down, on grill, and cook, turning occasionally, for 20 minutes or until well-browned on all sides and the internal temperature reaches 165° when tested with a meat thermometer. Arrange the chicken on a platter, and serve Chimichurri Sauce on the side. Remove skin before eating chicken. (Serving size: 1 piece chicken and ¼ cup sauce)

Calories 336; Fat 17g (sat 4g, mono 9g, poly 3g);
Cholesterol 112mg; Protein 38g; Carbohydrate 6g;
Sugars 1g; Fiber 1g; Iron 3mg; Sodium 585mg;
Calcium 74mg

Grilled Stone Fruit With Balsamic Glaze and Manchego

Prep: 5 minutes Cook: 35 minutes
Makes 4 servings

- 1 cup Zinfandel wine or balsamic vinegar
- 1 tablespoon dark brown sugar
- 2 firm ripe peaches, halved and pitted
- 2 firm ripe apricots, halved and pitted
- 2 firm ripe plums, halved and pitted
- 1 tablespoon extra-virgin olive oil
- Salt, to taste
- Pepper, to taste
- 1 ounce Manchego cheese, shaved

1. Preheat a clean grill or grill pan to medium-high.

2. Stir together the wine and the brown sugar in a small saucepan. Bring to a boil, then gently simmer 25–30 minutes or until the mixture is reduced to about 3 tablespoons and creates a thick glaze.

3. Lightly brush stone-fruit halves with olive oil; sprinkle with salt and pepper. Grill fruit, cut side down, 1 minute on each side. Transfer to 4 plates.

4. Drizzle fruit with glaze, and top each serving with ¼ of the pieces of cheese. (Serving size: 3 fruit halves, ¼ ounce Manchego, and about 2 teaspoons glaze)

Calories 116; Fat 4g (sat 1g, mono 2g, poly 0g);
Cholesterol 5mg; Protein 2g; Carbohydrate 12g;
Sugars 10g; Fiber 1g; Iron 0mg; Sodium 31mg;
Calcium 61mg



GRILLED STONE FRUIT
Try this fresh fruit that tastes like a treat.