

# FOOD & DINING

## Add fresh flavor to grilled chicken

Backyard barbecues provide the perfect opportunity for grillmasters to experiment with their favorite foods. Those who want to give grilled chicken a tasty twist can whip up this recipe for "Citrus Recado Chicken Breasts" from Eric Treuille and Birgit Erath's "Grilling" (DK Publishing).

Citrus Recado Chicken Breasts  
Serves 4

- 2 garlic cloves, crushed
- 1 teaspoon chili powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon black pepper
- 1/4 teaspoon ground cinnamon

- 1 tablespoon dark brown sugar
- 2 tablespoons canola oil
- 2 tablespoons fresh lime juice
- 1/4 cup orange juice
- 4 boneless chicken breast halves, slashed (see below)
- Salt
- 1 recipe Avocado Mango Salsa (optional)

- 1 mango, finely diced
- 1 avocado, peeled, halved, pitted, and finely diced
- 1/2 red onion, finely chopped
- 1 red chile, seeded and finely chopped
- 1 tablespoon fresh lime juice
- 1 tablespoon red wine vinegar
- 2 tablespoons olive oil
- 2 tablespoons finely chopped mint leaves
- Salt
- Tabasco®

Combine garlic, chili powder, oregano, thyme, cumin, coriander, pepper, cinnamon, sugar, oil, lime juice, and orange juice. Add chicken and toss to coat evenly. Cover and refrigerate for 30 minutes, turning once. Grill according to instructions below. Sprinkle with salt. Serve hot with avocado mango salsa if you prefer.

Outdoor grill: Grill skin-side down over medium-hot coals until skin is crisp, 7 minutes. Turn and continue grilling until chicken is opaque with no trace of pink, another 5 minutes.

Indoor grill: Preheat broiler. Broil skin-side up until skin is crisp, 7 minutes. Turn and continue cooking until chicken is opaque with no trace of pink, another 5 minutes.

To slash the chicken breasts: With a sharp knife, cut 3 parallel slashes through the skin, about 1/4-inch deep.

Marinate chicken up to 2 hours in advance. Cover and refrigerate, turning several times in marinade.

Avocado Mango Salsa  
Makes 123 cups

Combine mango, avocado, onion, chile, lime juice, vinegar, oil, and mint. Add salt and Tabasco® to taste. Cover and let stand for 30 minutes at room temperature to allow flavors to blend. Serve chilled or at room temperature.



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