

Chili-Spiced Chicken



PREPARATION TIME
10 minutes



COOKING TIME
20 minutes



PERFECT PARTNER
corn salad



Save money by purchasing whole chickens on sale, then cut them into serving pieces yourself. If you use the thighs along with the breasts in this recipe, you can feed 4 people very inexpensively.

SHOPPING LIST

- chicken • green onion

ON HAND

- garlic • brown sugar
- cayenne pepper • salt • oil
- white vinegar

INGREDIENTS

- 1 green onion
- 2 cloves garlic
- 1 teaspoon cayenne pepper
- 2 tablespoons brown sugar
- 1 teaspoon salt
- 1/2 teaspoon white vinegar
- 1/4 cup vegetable oil
- 4 skinless, boneless chicken breasts (4 ounces each)

SERVES 4

COOK'N Express

• Speed up the cooking process of this dish. Prepare through step 2, then microwave on MEDIUM for 2 minutes. Finish broiling in the oven for 10 minutes or until juices run clear when meat is pierced with a knife.

Make Ahead

Prepare recipe through step 2 up to 4 hours ahead. Refrigerate, covered, until ready to cook.

♦ VARIATION

Try skinless, boneless turkey instead of the chicken for a flavor change.

1 Preheat broiler. Place onion, garlic, cayenne pepper, brown sugar, salt, vinegar and oil in a blender. Process until puréed, about 1 minute.



2 Arrange chicken in a small ovenproof dish. Spoon spice mixture over chicken.

3 Broil chicken, 8 inches from heat source, for 10 minutes; turn. Broil for 10 minutes longer or until juices run clear when meat is pierced with a knife.



Presentation Idea:

A salad of sliced pineapple, bananas, oranges and shredded coconut turns this chicken into a cool island feast. Accompany this delicious meal with an assortment of tropical beverages.