Grilled Chicken with Jalapeno Jelly Salsa

Inspired by a recipe from Phillis Carey, cooking instructor



A zesty way to prepare poultry.

4 chicken breast halves, bone-in preferred

3/4 teaspoon chipotle chile canned in adobo

1/4 cup jalapeno jelly

2 teaspoons orange zest

3 tablespoons fresh orange juice

2 tablespoons olive oil

SWEET SALSA:

2 tablespoons jalapeno jelly

1/2 cup fresh salsa

3 tablespoons fresh cilantro, minced, for garnish

Chicken

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 4

Preparation Time: 30 minutes

1. MARINADE: Melt the jalapeno jelly, cool for 2-3 minutes, then pour Into a Ziiploc bag with the orange zest, juice, oil and chipotle chile in adobo. Seal and squish the bag to mix the ingredients, particularly the chipotle chiles. Add chicken and seal. Refrigerate for about an hour, or longer if time permits.
2. Remove chicken from marinade (save the marinade) and blot with paper towels. Preheat an outdoor grill to medium-high. Briefly sear the chicken on both sides - enough to get grill marks, then place it over indirect heat, reduce heat to medium and continue cooking (using the glaze at least once) until the interior of the chicken reaches 155°, about 15-20 minutes. Remove to a cutting board and cover with foil for about 5 minutes.
3. Meanwhile, pour marinade into a small saucepan. Heat marinade and allow to simmer until it has reduced by half (there won't be a lot) or until it thickens some. During the grilling, brush the chicken with the glaze.
4. SALSA: In a small saucepan, melt jalapeno jelly. Set aside to cool for at least 5 minutes, then add to the fresh salsa. Spoon the salsa over the chicken and garnish with cilantro.

Per Serving (excluding unknown items): 402 Calories; 20g Fat (45.5% calories from fat); 31g Protein; 24g Carbohydrate; 1g Dietary Fiber; 93mg Cholesterol; 246mg Sodium. Exchanges: 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 1 1/2 Other Carbohydrates.