

Sandra Lee

Sandra Lee is an internationally acclaimed home and style expert with an Emmy-nominated TV show, Semi-Homemade Cooking with Sandra Lee, on the Food Network. She has 14 books to her credit, including three new titles: Semi-Homemade Money Saving Meals, Desserts 2 and Fast-Fix Family Favorites (some available at costco.com). Her trademark 70/30 Semi-Homemade® philosophy—combine 70 percent store-bought products with 30 percent fresh ingredients or creative touches for a great meal—perfectly suits today's busy lifestyles and tight budgets. For more, see www.SemiHomemade.com.

Key Lime-Grilled Chicken



Chef's Choice 91

Key Lime-Grilled ChickenGold Kist Farms

Recipes developed by Sandra Lee Semi-Homemade

KEY LIME SAUCE
1 stick (1/2 cup) butter
1/4 cup key lime juice
1/4 cup chili sauce

2 teaspoons all-purpose poultry seasoning mix

4 pounds Gold Kist Farms* meaty chicken pieces (breasts or thighs)

1 tablespoon all-purpose poultry seasoning mix

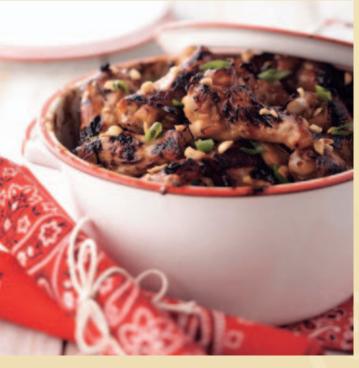
Set up grill for direct cooking over medium heat.
Oil grate when ready to start cooking.

To prepare Key Lime Sauce, melt butter in a small saucepan over medium heat. Stir in lime juice, chili sauce and 2 teaspoons poultry seasoning mix. Cook for 1 minute. Remove from the heat; set aside.

Season chicken with 1 tablespoon poultry seasoning mix. Place chicken on the hot, oiled grill and cook for 18-22 minutes per side, or until chicken is no longer pink and juices run clear (180°F), basting with Key Lime Sauce every few minutes until the last 2 minutes of cooking. Discard any remaining sauce. Makes 4 servings.

Tip: To cook indoors, preheat broiler. Prepare chicken and Key Lime Sauce as directed. Place chicken on a foil-lined baking sheet or broiler pan. Broil chicken 6-8 inches from heat source for about 15-20 minutes per side, or until chicken is no longer pink and juices run clear (180°F), basting with Key Lime Sauce every few minutes until the last 2 minutes of cooking. Discard any remaining sauce.

* Br ands m ay vary by region; substitute a similar product.



Drunken WingsGold Kist Farms

1/3 cup light rum

1/3 cup honey

1/4 cup soy sauce

2 tables poons Thai chili sauce

1 ³/₄-ounce packet stir-fry seasoning

2 teaspoons crushed garlic

4 pounds Gold Kist Farms* chicken wings

3 scallions, finely chopped (optional)

1/4 cup chopped peanuts (optional)

In a large bowl, combine rum, honey, soy sauce, chili sauce, stir-fry seasoning and garlic. Add chicken wings, tossing to coat. Cover with plastic wrap and marinate in the refrigerator for at least 3 hours, preferably overnight.

Set up grill for direct cooking over medium-high heat. Oil grate when ready to start cooking. Let wings stand at room temperature for 30 minutes. Place on the hot, oiled grill. Cook for 12-18 minutes, or until cooked through, turning occasionally.

Transfer chicken to a platter. Sprinkle with chopped scallions and peanuts. Makes 4 servings.

Tip: To cook indoors, prepare chicken as directed. Preheat broiler. Place chicken on a foil-lined baking sheet or broiling pan. Broil 6-8 inches from heat source for 12-15 minutes, or until cooked through, turning occasionally.

* Brands may vary by region; substitute a similar product.