



QUICK

Pesto-Mozzarella Stuffed Chicken Breasts

PREP TIME: About 30 minutes

GRILLING TIME: About 15 minutes

MAKES: 4 servings

NOTES: Fresh mozzarella is now available in many different size balls—large, medium, and even tiny. Here, we use the smallest ones, called *perlini*, but you could substitute medium-size *bocconcini*, or simply cut larger balls into small cubes.

Chicken breast halves (about 1½ lbs. total)

½ tsp. freshly ground black pepper

½ cup Safeway SELECT Pesto Pasta Sauce

½ cup *perlini* mozzarella balls (see Notes)

½ cup sliced Safeway SELECT Fire Roasted Red Peppers

1. Prepare a charcoal or gas grill for direct, high heat (the charcoal or gas flame is directly under the cooking area, and you can hold your hand just above grill level only 3 to 4 seconds; see www.safeway.com for complete instructions). While grill heats, rinse chicken and pat dry. With a sharp knife, cut a pocket

lengthwise in the edge of each chicken-breast half, taking care to avoid cutting through to the other side (Fig. A, next page).

2. Season chicken pieces on both sides with pepper. Spread about 1 tbsp. pesto inside each pocket, then fill each with ¼ of the mozzarella balls and ¼ of the roasted red pepper slices (Fig. B). Rub the remaining pesto over exterior of chicken breasts to coat lightly.

3. Lay chicken on grill (close lid if using gas) and cook until browned on the bottom, about 7 minutes. Turn chicken and continue grilling until browned on the other side and no longer pink in the center (cut to test, being careful to avoid cheese and pepper filling), about 7 minutes longer (Fig. C).

Per serving: 414 cal., 43% (180 cal.) from fat; 54 g protein; 20 g fat (5.5 g sat.); 2.2 g carbo (0.6 g fiber); 558 mg sodium; 134 mg chol.

TOOLS TO GET AT SAFEWAY:

- **tongs** for easy turning
- **paring knife** for creating a pocket in each chicken breast to insert filling, and to test for doneness

The original recipe for this dish calls for brushing the kebabs with garlic paste before serving. Since that may be too much garlic for many people, we offer the paste as an optional ingredient.

Shish tawook (Chicken kebabs)

Serves 6-8

10 cloves garlic, mashed
 ½ cup fresh lemon juice
 ½ cup olive oil
 2 tablespoons plain yogurt
 ½ teaspoon ground cardamom

1 teaspoon salt
 1 teaspoon white pepper
 2 pounds boneless, skinless chicken breasts, rinsed and cut into 1-inch pieces
 Garlic paste, optional (See below)

Combine garlic, lemon juice, olive oil, yogurt, cardamom, salt and pepper in shallow glass or ceramic dish. Stir well. Add chicken and turn to coat it all over. Cover with plastic wrap and refrigerate at least 2 hours or as long as overnight.

Prepare charcoal or gas grill. Thread chicken onto metal skewers, dividing pieces evenly among them. Grill over medium-high heat, turning skewers at least twice, until chicken is cooked through, about 6 minutes in all.

If using garlic paste, brush on each skewer just before removing from fire.

Garlic paste: In blender or mini processor, pulse together 20 peeled cloves of garlic and ½ teaspoon salt until garlic is minced. Add 2 teaspoons of Greek-style strained yogurt and pulse until incorporated. With motor running, pour in ½ cup olive oil in a steady stream until mixture forms a paste. Add 1 tablespoon lemon juice and pulse a few more times.

Per serving: 216 calories, 27g protein, 10g fat (2g saturated), 3g carbohydrate, 367mg sodium, 66mg cholesterol, 0g dietary fiber.

Tequila-lime chicken tacos with charred limes

Serves 4

For marinade:

Minced zest and juice of 2 medium to large limes
 ¼ cup tequila

1 tablespoon Triple Sec or other orange-flavored liqueur

2 teaspoons vegetable oil

2 teaspoons ground dried green chile or green chile seasoning or 1 tablespoon minced pickled jalapeño

½ teaspoon salt

For chicken:

4 medium boneless, skinless chicken breasts, pounded ¼-inch thick

3 to 4 medium limes, sliced into 4 wedges each
 Few tablespoons tequila
 Vegetable oil

For sauce:

½ cup mayonnaise

½ cup sour cream

2 tablespoons minced fresh cilantro

2 teaspoons fresh lime juice

¾ to ½ teaspoon dried green chile or green chile seasoning or minced pickled jalapeño to taste

To serve:

12 corn tortillas, plus a few extras in case of tears

At least 1 hour ahead, or the night before you plan to grill, prepare marinade. Combine marinade ingredients in a small bowl. Place chicken breasts in a zippered plastic bag and pour in marinade. Seal bag and toss back and forth to coat chicken. Refrigerate.

Up to 1 hour ahead, place lime sections on a plate, sprinkle with tequila and rub lightly with oil. Let sit at room temperature.

Prepare sauce by stirring sauce ingredients together in a small bowl. Refrigerate until ready to use.

When ready to grill, drain chicken and discard marinade. Let sit uncovered at room temperature for about 20 minutes. Fire up grill, bringing heat to medium (4 to 5 seconds with the hand test).

Grill chicken uncovered for 6-8 minutes total. Turn onto each side twice, rotating breasts each time to get crisscross grill marks. Chicken is done when it is white throughout but still juicy. Grill limes alongside chicken, turning from time to time so they soften and develop a bit of char. Remove them as ready. Warm tortillas on edge of grill, then wrap in a dish towel or foil to keep warm.

Working quickly, pull chicken into thin shreds and pile on a platter. Surround with limes, and set bowl of sauce on platter or alongside. Place wrapped tortillas in a basket. Serve immediately, encouraging diners to fill and fold tortillas. Drizzle with sauce, squeeze on warm lime, and enjoy.

Per serving: 652 calories, 32g protein, 36g fat (8g saturated), 45g carbohydrates, 511mg sodium, 95mg cholesterol, 4g dietary fiber.

Asparagus chicken with black bean sauce

4 cups fresh asparagus spears, ends snapped off and sliced diagonally ¼-inch thick and 1½ inches long

4 tablespoons oil, divided use

1 tablespoon Chinese salted black beans

2 large garlic cloves, minced or smashed

Salt to taste

1 tablespoon cornstarch
 1 tablespoon soy sauce

2 cups chicken, thinly sliced into bite-sized pieces

Gravy:

1 tablespoon cornstarch
 1 tablespoon soy sauce

1 teaspoon sugar
 Dash MSG, optional

½ cup plus 2 tablespoons chicken broth
 Few drops sesame oil

In a large fry pan or wok, salt and sauté asparagus with 2 tablespoons oil over high heat for 1 minute. Cover and steam another half minute, adding a tablespoon of water if necessary to prevent scorching. Remove from pan. Wash black beans in a strainer and mince to a paste-like consistency with garlic, remaining 2 tablespoons oil and salt to taste. Combine with 1 tablespoon cornstarch and 1 tablespoon soy sauce and mix with chicken. Sear chicken over high heat until done, about 5 minutes. Mix together gravy ingredients and stir with chicken until thickened, scraping bottom of pan. Return asparagus to