



Tortilla Cheddar Chicken

Active Time: 15 minutes

Total Time: 25 minutes • Serves: 4

- Schnucks nonstick cooking spray
- 1 container (6 ounces) Nostimo plain nonfat Greek yogurt (¾ cup)
- 1 tablespoon refrigerated Gourmet Garden™ garlic paste
- ½ teaspoon ground ancho or chipotle chile
- 1 package (about 1¼ pounds) Schnucks Natural thin sliced boneless, skinless chicken breast fillets
- 4 cups Schnucks white corn tortilla chips (about 4 ounces), finely crushed to about 1 cup
- ¾ cup Schnucks finely shredded Cheddar Jack cheese
- 1 lime, cut into 4 wedges

1. Preheat oven to 425°F. Line large rimmed baking pan or cookie sheet with parchment paper or aluminum foil sprayed with nonstick cooking spray. In pie plate or wide, shallow bowl, stir together yogurt, garlic and ground ancho chile. Add chicken and turn to coat.

2. In second pie plate or shallow dish, stir crushed chips with cheese. Press each piece of chicken into chip mixture to coat both sides, pressing lightly so mixture adheres.

3. Place chicken in prepared pan and bake 11 to 13 minutes or until golden brown and internal temperature reaches 165°F. Serve chicken with lime wedge to squeeze over chicken.

Each serving: about 350 calories, 10 g total fat (5 g saturated), 95 mg cholesterol, 380 mg sodium, 24 g carbohydrate, 1 g fiber, 2 g sugars, 39 g protein

Grilled Citrus Chicken with Orange-Avocado Relish

Active Time: 35 minutes

Total Time: 35 minutes • Serves: 4

- 4 medium oranges
- 1 lime
- 2 medium garlic cloves, minced (1½ teaspoons)
- 1 tablespoon Worcestershire sauce

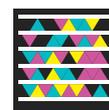
- 4 Schnucks Natural boneless, skinless chicken breast halves (about 1¾ pounds)
- 1 firm-ripe California avocado, cut in half, pitted, peeled and cut into ½-inch pieces
- 2 tablespoons chopped fresh cilantro leaves
- 2 tablespoons finely chopped red onion or shallot
- 2 teaspoons Schnucks extra virgin olive oil
- ½ teaspoon salt, divided
- ¼ teaspoon ground black pepper, divided
- Schnucks nonstick cooking spray

1. Prepare outdoor grill for direct grilling over medium heat. From 1 orange, grate 1 tablespoon peel and squeeze 3 tablespoons juice; transfer to small bowl. From lime, grate 1 teaspoon peel and squeeze 2 tablespoons juice. Add lime peel and 1 tablespoon juice to same bowl. Stir in garlic and Worcestershire sauce. Place chicken in large zip-tight plastic bag; pour orange juice mixture over chicken. Seal bag, pressing out excess air; let stand at room temperature 15 minutes or refrigerate up to 2 hours.

2. Meanwhile, segment remaining 3 oranges: Trim off top and bottom ends to make 2 flat surfaces. Place oranges, cut side down, on cutting board. With small paring knife, slice down the sides following the natural curve of the fruit to completely remove skin and white pith. Holding orange over small bowl, with paring knife, cut on either side of the membranes to release each segment. Cut or tear each segment crosswise in half and place in medium bowl; add avocado, cilantro, onion, oil, ¼ teaspoon salt, ⅛ teaspoon pepper and remaining 1 tablespoon lime juice and toss to combine. Makes about 1¾ cups relish.

3. Remove chicken from marinade; discard marinade. Spray both sides of chicken with nonstick cooking spray; sprinkle with remaining ¼ teaspoon salt and ⅛ teaspoon pepper. Place chicken on hot grill rack. Cover and cook 12 to 14 minutes or until chicken loses its pink color throughout and internal temperature reaches 165°F, turning once halfway through cooking. To serve, spoon relish over chicken.

Each serving: about 296 calories, 12 g total fat (2 g saturated), 101 mg cholesterol, 519 mg sodium, 9 g carbohydrate, 4 g fiber, 2 g sugars, 35 g protein



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