



# hot off The Grill

It's grilling season and in the Midwest – that's serious business. When neighborhoods fill up with the aromas of backyard barbeques, we know summer has arrived. Fire up your grill with these noteworthy pork, beef, chicken and fish recipes.

## Spice-Rubbed Pulled Chicken Soft Tacos

**Total Time: 2 hours 25 minutes plus brining • Serves: 6**

- ½ cup kosher salt
- 2½ pounds bone-in split chicken breasts
- 4 cups favorite wood chips
- 2 teaspoons ancho chile powder
- 2 teaspoons ground coriander
- 2 teaspoons Schnucks garlic powder
- 1 teaspoon freshly ground black pepper
- 2 orange, red or yellow bell peppers, halved lengthwise and seeded
- 12 soft taco flour tortillas, warmed
- 3 cups shredded romaine lettuce
- 1 can (15 ounces) Schnucks black beans or pinto beans, drained and rinsed
- 1 cup crumbled queso fresco
- 1 cup Schnucks sour cream
- 1 ripe avocado, peeled, pitted and thinly sliced
- ½ cup fresh cilantro sprigs
- Lime wedges and hot sauce for serving (optional)

In medium saucepan or large bowl, stir salt and 2 quarts cold water until salt dissolves. With skewer, poke several holes in skin side of chicken. Add chicken to salt brine; cover and refrigerate at least 2 hours or up to 4 hours, turning chicken once halfway through brining. Remove chicken from brine and pat dry with paper towels; discard brine.

In bowl, cover wood chips with warm water; soak as label directs. Prepare outdoor grill for indirect grilling over medium heat. In small bowl, mix chile powder, coriander, garlic powder and black pepper; sprinkle on both sides of chicken.

Drain wood chips; place 2 cups wood chips on each of two 12-inch square sheets aluminum foil. Loosely wrap foil around wood chips;

with skewer, poke holes in foil to vent. Place 1 foil packet under grill rack over lit burner. Place chicken, bone side down, on hot grill rack over unlit part of grill; cover and cook 1 hour. Replace used foil packet with second foil packet; rotate chicken and add peppers, cut side down, over unlit part of grill. Cover and cook 1 hour longer or until internal temperature of chicken reaches 165°F. Transfer chicken and peppers to cutting board; loosely tent with foil and let stand 15 minutes.

With fingers, pull chicken off bones in long, bite-size shreds; thinly slice bell peppers.

Evenly divide chicken into tortillas; evenly top with lettuce, beans, queso fresco, sour cream, avocado, cilantro and bell peppers. Serve with lime wedges and hot sauce, if desired.

*Each serving (2 tacos): about 752 calories, 28 g total fat (11 g saturated), 134 mg cholesterol, 2085 mg sodium, 72 g carbohydrate, 11 g fiber, 8 g sugars, 53 g protein*



To balance some spice in the tacos, try a **Negra Modelo** from Mexico. Roasty and light nutty flavors from the beer will complement this savory dish!

