

Get Ready to Grill in No Time!

Quick and Scrumptious Chicken Dishes

(NAPSA)—While grilling remains a summertime favorite, planning and preparation time, including thawing and marinating meats and poultry, can take away from the precious hours of summer. In fact, 28 percent of Americans say they frequently spend more time planning and preparing dinner than enjoying it, according to a recent survey conducted by Digital Marketing Services.

To help you serve delicious grilled meals in no time flat, Tyson Foods, Inc. offers Individually Fresh Frozen (IFF) chicken products, which can go right from the freezer to the grill without needing to thaw. Now you can decide what to serve for dinner as you light the grill and not hours or days ahead of time.

Because IFF chicken is enhanced naturally with chicken broth to increase juiciness and tenderness, it won't dry out while cooking on the grill. And, each piece of IFF chicken is ice glazed to ensure freshness before freezing and allow for longer storage time in your freezer. Located in your grocer's freezer, IFF products are available in boneless, skinless chicken breasts and tenderloins, half breasts, drumsticks, thighs and wings.

To impress your family and friends at summer parties and picnics without spending hours beforehand, try this flavorful recipe.

ASIAN GRILL

4 Tyson IFF Boneless, Skinless Chicken Breasts with Rib Meat

- ¼ cup orange juice
- ¼ cup teriyaki sauce
- ½ tsp. crushed red pepper flakes
- 2 red bell peppers, cut into wedges
- 2 small zucchini, sliced on the diagonal
- 4 oz. button or shiitake mushroom caps
- 1 box rice pilaf



Individually Fresh Frozen chicken can go straight from the freezer to the grill for quicker meal preparation.

CLEAN: Wash hands.

PREPARE: Remove protective ice glaze from frozen breasts by holding under lukewarm running water for 1 to 2 minutes. In small bowl, prepare marinade by combining orange juice, teriyaki sauce and red pepper flakes. Reserve 3 tablespoons marinade. Brush remaining mixture over chicken breasts, bell peppers, zucchini and mushrooms.

CLEAN: Wash hands.

COOK: Grill chicken 20 to 25 minutes, or until internal juices of chicken run clear, turning once, brushing occasionally with marinade. (Or insert instant-read meat thermometer in thickest part of chicken. Temperature should read 170°F.) Grill bell peppers, zucchini and mushrooms 5 minutes, or until crisp-tender, turning once, brushing occasionally with marinade. Meanwhile, prepare rice according to package directions. Stir in reserved marinade.

SERVE: Serve grilled chicken and vegetables over rice.

CHILL: Refrigerate leftovers immediately.