

GREAT GRILLING TIPS

Heat Up Your Cookout Without Breaking A Sweat

(NAPSA)—Cooking for a week-end outing, everyday dining or even a seasonal party doesn't have to be difficult or time consuming. Make meals a breeze by heading to the backyard to fire up the grill. Cookout favorites such as chicken, steak and chops make a fast dish, especially when you pair them with a convenient and tasty side.

"It's easy to impress guests without a lot of fuss in the kitchen," says Rick Browne, grilling guru and host of the PBS show "Barbecue America." "Keep your pantry stocked with quick side dishes such as Bush's new Grillin' Beans. They cook in minutes and have bold flavors, thick rich sauces and extra ingredients, like bell peppers and onions, for an easy and delicious one-step side."

Make sure to have new herbs and spices on hand as well. Take time to clean out and replenish items on your spice rack and experiment with a few unique flavors. Offer guests a new recipe, such as Sweet and Savory Cider Chicken, which features a marinade and rub made with dried savory, paprika and dried yellow mustard, among other seasonings.

For more grilling menu suggestions and recipes, visit www.bushbeans.com.

Here's the new Sweet and Savory Cider Chicken recipe:

SWEET AND SAVORY CIDER CHICKEN

Recipe courtesy of

"Barbecue America's" Rick Browne

Serves: 4

Preparation time: 10 minutes,

1 to 2 hours marinating

Cooking time: 20 to 30 minutes

Marinade

½ cup apple cider or apple juice

½ teaspoon olive oil



It's easy to make your next cookout sizzle.

- ½ teaspoon balsamic vinegar
- ½ cup warm nonalcoholic beer
- 4 chicken breasts (6-8 ounces each)

Dry Rub

- 1 teaspoon brown sugar
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried savory (or thyme, marjoram or sage)
- 1 teaspoon cayenne pepper
- 1 teaspoon paprika
- 1 teaspoon dried yellow mustard
- 1 teaspoon salt
- 1 can (22 ounces) BUSH'S® Bourbon and Brown Sugar Grillin' Beans™

Mix marinade ingredients in a small bowl. Place chicken breasts in resealable plastic bag or container with tightly fitting lid and pour marinade over chicken. Seal tightly and let chicken marinate in the refrigerator for 1-2 hours.

Once marinating is complete, mix dry rub ingredients in a small bowl until well incorporated. Drain the chicken and liberally apply the rub to both sides of the chicken.

Start grill and bring to medium heat (350-400 degrees). Place chicken breasts on the grill and cook for 20-30 minutes, turning occasionally.

Remove chicken from grill and place each piece on a plate along with a side of Bourbon and Brown Sugar Grillin' Beans.

Easy Grilling Tips from a Grilling Guru

Heat up your cookouts with these tips from grilling expert Rick Browne.

- **No-Whine Brine:** Keep poultry extra moist by soaking it in a saltwater brine before grilling. Make your own fresh and flavorful chicken brine with water, salt, ginger ale, sugar, lemon slices, lime wedges and olive oil. Tip: Place a heavy ceramic plate or bowl on top of the chicken to keep it fully immersed in the brine.
- **Sweet Treats:** Change up your next dessert—coat sliced cantaloupe in a honey, lemon and black pepper dressing. Throw the sliced fruit on the grill for a sweet, spicy and light dessert. Tip: Use a firm melon, fresh-squeezed lemon juice and ground pepper to cut the sweetness.
- **Trade Secrets:** Use indirect heat to grill tender and juicy steaks like the pros. Sear steaks first over high heat (400-500 degrees) for 2-3 minutes to seal in the juices. Then move them to the cooler side of the grill to finish cooking. Tip: Spray steaks occasionally with an apple juice, olive oil and balsamic vinegar mixture to add flavor and sustain tenderness.
- **Get The Dish:** Visit www.bushbeans.com to find delicious Grillin' Beans recipe pairings for a meal of any size, style or occasion.

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