

# Brined & Rubbed Grilled Chicken



Personal Chef Service

The neighbors will be hanging over the fence when this is on the grill

Serves 4

4 ~ boneless, skinless  
chicken breasts

4c water, hot

1/3c kosher salt

1/3c brown sugar

2c ice cubes

2T garlic powder

1T cumin

1T paprika

1t kosher salt

1t black pepper

1t cayenne pepper

1/3c olive oil

1/3c lemon juice, fresh  
squeezed

Combine water, salt and brown sugar in gallon zip~lock bag. Mix well. Add chicken breasts and ice cubes. Seal and refrigerate at least 6 hours, preferably overnight.

Remove chicken from marinade, rinse and pat dry. Mix together garlic powder, cumin, paprika, alt, pepper, cayenne, olive oil and lemon juice in small bowl. Mix until a paste forms and rub all over chicken breasts. Let sit at room temperature 30 minutes.

Preheat grill and grill for 25 minutes or until chicken juices run clear when pierced with a fork.

Debbie Spangler ~ Certified Personal Chef

[www.yummyissimo.com](http://www.yummyissimo.com) ~ [debbie@yummyissimo.com](mailto:debbie@yummyissimo.com)