

Grilled Spanish Chicken Breasts



Chicken breasts rubbed with a mixture of paprika, pepper, sage, garlic and olive oil and grilled.

Serves 4

3c water	1c ice cubes	1T dried spongy sage
1/4c kosher salt	2T paprika	4 garlic cloves, minced
1/4c sugar	2t sugar	2t olive oil
1/4c sherry vinegar	1t black pepper	4 boneless, skinless chicken breasts

Place water, kosher salt, sugar and sherry vinegar in bowl. Stir well until salt and sugar are dissolved. Place in large zip~lock bag with chicken breasts. Add ice cubes. Refrigerate at least 4 hours.

Remove chicken from brine, rinse with water and pat dry. Discard brine. Wash your hands!

Combine paprika, sugar, pepper, sage, garlic and olive oil and make into a paste. Rub onto chicken and let sit at least 30 minutes before grilling.

Spray grill grates with Pam® cooking spray. Preheat grill to medium~high heat. Grill chicken until juices run clear, approximately 25~35 minutes. Remove from grill and let rest at least 10 minutes.

Prepare Ahead Tip

Marinate chicken up to 8 hours in refrigerator.