

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Grilled Chicken Tenders with Spicy Chipotle Sauce

Originally from Bobby Flay's "Grilling For Life"

Grilled Chicken Tenders

2 pounds chicken tenders
1 tablespoon olive oil
½ teaspoon salt
½ teaspoon freshly ground black pepper

1. Heat your grill to high.
2. Toss the chicken tenders with the oil, salt, and pepper. Grill until golden brown on both sides and just cooked through, about 3 minutes per side. Remove the tenders from the grill and place in a large bowl while you prepare the spicy chipotle sauce.

Spicy Chipotle Sauce

1 ½ cups red wine vinegar
3 tablespoons vegetable oil
2 to 3 tablespoons chipotle puree (depending on how spicy you like it). To make puree: Empty the entire can of chipotles preserved in adobo into a blender or food processor and process until smooth. The puree will last for months, tightly covered and stored in the refrigerator.
2 tablespoons honey
3 tablespoons chile powder
3 tablespoons Dijon mustard
3 tablespoons unsalted butter, cold, cut into pieces

1. Bring the vinegar, oil, chipotle puree, honey, and chile powder to a simmer in a medium saucepan over medium heat. Remove the mixture from the heat and whisk in the mustard and butter.
2. Pour half of the chipotle sauce over the tenders and toss well to combine. Serve the remaining chipotle sauce on the side if desired.

Serve with ranch or blue cheese dressing on the side, if desired. Look for a dressing in the refrigerated section of the produce department without hydrogenated oil.