



Chicken Legs

with Glazed Eggplant, Zucchini & Apricot Skewers

Makes 4 Servings

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org

Ingredients	Directions
<p>Chicken Legs:</p> <p>4 whole chicken leg quarters</p> <p>1½ tsp. salt</p> <p>½ tsp. freshly ground pepper</p> <p>1 Tbsp. fresh rosemary, finely chopped</p> <p>4 garlic cloves, minced</p> <p>2 Tbsp. olive oil</p> <p>Skewers:</p> <p>¾ cup balsamic vinegar</p> <p>2 Tbsp. honey</p> <p>½ tsp salt</p> <p>½ tsp freshly ground pepper</p> <p>1 Tbsp. lemon juice</p> <p>1 eggplant, sliced into ½ to ¾-inch slices</p> <p>2 zucchinis, sliced into ½ to ¾-inch slices</p> <p>8 dried apricots</p> <p>8 wooden or metal skewers</p>	<ol style="list-style-type: none"> 1. Wash hands with soap and water. 2. Scrub garlic, eggplant, and zucchinis with a clean vegetable brush under running water. 3. In a small bowl, combine salt, pepper, rosemary, garlic and olive oil. Crush into a paste by pressing the garlic to the sides and bottom of the bowl with the back of a spoon. 4. Place chicken legs in baking dish and rub all over with garlic rosemary paste, rubbing over and under skin. Do not rinse raw poultry. 5. Wash hands with soap and water after handling uncooked chicken. 6. Cover baking dish and place in refrigerator on the lowest shelf. Allow chicken to marinate for 30 minutes. Do not reuse marinades used on raw foods. 7. While chicken is marinating, combine balsamic vinegar, honey, ½ teaspoon salt, ½ teaspoon pepper and lemon juice in a small saucepan. Bring to a boil and reduce by half, about 15–20 minutes. If using wooden skewers, soak skewers in water to prevent burning while cooking. 8. Place vegetables and apricots in a large bowl. Pour balsamic glaze over; toss to coat well. String vegetables and apricots onto skewers, alternating between eggplant, zucchini and apricots. Pour any remaining glaze in bowl into saucepan and reheat to boiling. Set aside to cool. 9. Preheat broiler or prepare grill by heating on high for about 10 minutes. Adjust grill or broiler heat to medium high after preheating. Sear or broil chicken on lightly oiled rack. Turn over once until well browned, cooking for a total of 6–8 minutes. Continue to cook chicken, moving and turning to avoid burning. 10. Grill or broil chicken about another 20 to 25 minutes, until it reaches an internal temperature of 165°F on food thermometer. 11. When chicken is halfway done, place vegetable skewers on grill or under broiler. Keep separate from chicken that is not fully cooked. Turn often until vegetables are tender and browned but not falling off skewers, about 15–20 minutes. 12. To serve, place chicken on a clean platter and arrange skewers next to chicken (or remove vegetables from skewers if preferred). Drizzle warm vegetables with remaining reheated honey balsamic glaze.



Grilled Basil Chicken

Makes 4 Servings

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org

Ingredients

4 boneless skinless chicken breast halves (4 ounces each)

4 plum tomatoes

2 Tbsp. olive oil

1 garlic clove, minced

$\frac{3}{4}$ cup balsamic vinegar

$\frac{1}{2}$ tsp. salt

$\frac{1}{4}$ cup tightly packed fresh basil leaves

Directions

- 1.** Wash hands with soap and water.
- 2.** Gently rub basil leaves and tomatoes under cold running water.
- 3.** For marinade, place tomatoes, olive oil, garlic, vinegar, salt and basil leaves in a blender. Cover and process until well blended.
- 4.** Place chicken breasts in a shallow dish. Cover with marinade. Cover dish. Refrigerate about 1 hour, turning occasionally. Do not rinse raw poultry.
- 5.** Wash hands with soap and water.
- 6.** Place chicken on an oiled grill rack over medium heat. Do not reuse marinades used on raw foods.
- 7.** Wash hands with soap and water after handling raw chicken.
- 8.** Grill chicken 4-6 minutes on each side until internal temperature reaches 165°F on food thermometer.

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Miso-Marinated Short Ribs

Makes 4 Servings

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org

Ingredients

3 tbsp red or yellow miso
3 tbsp mayonnaise
3 tbsp (or more)
unseasoned rice vinegar,
divided
1 ½ lbs thin cross-cut bone-
in short ribs (flank-style)
1 bunch small radishes,
scrubbed with clean
vegetable brush under
running water
1 bunch watercress,
tough stems removed and
gently rubbed under cold
running water
4 tsp vegetable oil
2 cups steamed rice
Kosher salt
Sriracha or hot sauce
(for serving)

Directions

1. Wash hands with soap and water.
2. In small bowl, stir together miso, mayonnaise, and 2 tbsp vinegar. Place ribs on a rimmed baking sheet and season lightly with salt. Do not rinse raw meat. Pour all but 2 tablespoons miso mixture over ribs; turn to coat. Set remaining miso mixture aside.
3. Wash hands with soap and water after handling uncooked meat.
4. Thinly slice radishes and toss in a medium bowl with remaining 1 tbsp vinegar. Season with salt and toss again.
5. Heat a large heavy skillet, preferably cast iron, over medium-high. When pan is hot, add 2 tsp. oil and swirl to coat. Remove ribs from marinade. Do not reuse marinade used on raw meat.
6. Wash hands with soap and water after handling uncooked meat.
7. Add half of ribs to pan and cook without turning until underside is very dark brown and charred in spots, about 2 minutes. Turn ribs and cook until second side is golden brown, 1–2 minutes, and internal temperature reaches 145 °F on food thermometer. Transfer to a plate. Repeat with remaining 2 tsp. oil and remaining ribs. Let rest 5 minutes.
8. Season reserved miso mixture with Sriracha; adjust to taste. Add additional vinegar, if desired. Cut ribs crosswise into 2 or 3 pieces; serve over bowls of rice, topped with watercress and drained radishes and drizzled with spicy sauce.

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Mushroom Turkey Burger

Makes 4 Servings

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org

Ingredients

1 lb. ground turkey
4 whole mushrooms
6 tsp. soy sauce
2 Tbsp. onion powder
½ tsp. salt
½ tsp. black pepper

Directions

1. Wash hands with soap and water.
2. Gently rub the mushrooms under cold running water.
3. Remove the stem from the mushroom and chop.
4. Spray a medium sauté pan with cooking spray. Preheat pan over medium high heat.
5. Remove the wrapper from the ground turkey. Place the ground turkey into a medium bowl.
6. Wash hands with soap and water after handling uncooked turkey.
7. Add the chopped mushroom, soy sauce, onion powder, salt and pepper to the ground turkey. Mix with hands or a wooden spoon. Once mixed thoroughly form into a burger patties and place into the preheated pan.
8. Wash hands with soap and water after handling uncooked turkey.
9. Cook the patties until the internal temperature reaches 165°F on food thermometer.

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Tangy Grilled Pork Back Ribs

Makes 4 Servings

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org

Ingredients

4 pounds pork back ribs
1 cup French dressing
2 tablespoons onion soup mix
2 tablespoons honey
1 tablespoon soy sauce

Directions

1. Wash hands with soap and water.
2. Combine dressing, soup mix, honey and soy sauce in a small bowl and mix well. Let stand 15 minutes or until needed. Do not reuse marinades used on raw foods.
3. Season ribs with salt and pepper. Do not rinse raw poultry or meat.
4. Wash hands with soap and water.
5. Grill ribs over indirect medium heat until the internal temperature reaches 145 °F on food thermometer with a three-minute "rest time" after removal from the heat source.
6. Brush ribs with sauce during the last 15-30 minutes of cooking. Serve remaining sauce with ribs.

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