

**BUFFALO-STYLE GRILLED CHICKEN TENDERS WITH
BLUE CHEESE SAUCE**

Serves 4 to 6.

1/2 cup unsalted butter
2 cloves garlic, minced
2 T. ancho chili powder, divided use
1/2 cup Frank Red Hot
2 T. honey
12 to 16 chicken tenders,
tendons removed

Grapeseed or avocado oil
1/2 cup heavy whipping cream
1/2 cup crème fraiche
2 T. chopped Italian parsley plus
more for garnish
1/2 cup crumbled blue cheese

1. Preheat grill. Melt butter in a medium saucepan over medium heat. Add the garlic and cook 1 minute. Whisk in 1 T. ancho chili powder and heat 10 seconds. Stir in the Frank's Red Hot and honey and season with salt and pepper to taste. Remove 1/4 cup for garnish and keep both warm.

2. Season the chicken tenders with remaining 1 T. ancho chili powder and salt and pepper to taste. Brush or dab with oil and grill 3 minutes; turn over and brush with some of the butter sauce. Grill 2 minutes, turn and brush with more sauce.

3. Meanwhile, whisk together the heavy cream and crème fraiche in a medium bowl. Stir in the parsley and blue cheese; season with salt and pepper.

4. When chicken tenders are cooked, transfer to plates or a platter and spoon on the Blue Cheese Sauce. Drizzle with reserved 1/4 cup butter sauce and sprinkle with parsley.

**COOLING WATERMELON AND JICAMA SALAD WITH
A CITRUS DRESSING**

Serves 4 to 6.

1/2 cup fresh orange juice
1 tsp. orange zest
1/4 cup fresh lime juice
1 tsp. lime zest
2 T. honey
2 T. vegetable oil

1 tsp. freshly ground black pepper
Salt to taste
1 jicama, cut into matchstick pieces
4 cups watermelon, cut in 2-inch cubes
1/4 cup roughly torn fresh mint leaves

Whisk together juices, zest, honey, oil, pepper and salt to taste in a large bowl. Add jicama, watermelon and mint; toss to coat and serve immediately.