



Episode 211

## WATERMELON BBQ CHICKEN WITH TURNIP GREEN SALAD & BUTTER BEANS

4 servings



### WATERMELON BBQ CHICKEN AND SAUCE

\*Chicken Seasoning

#### INGREDIENTS

4 large chicken breasts, bone-in and skin removed	½ tsp Dijon mustard powder*	1 tbsp ketchup
½ cup water-soaked hickory chips	¼ small ripe seedless watermelon with green skin removed	1 tbsp brown sugar
½ tsp black pepper*	1 tbsp minced garlic	1 tbsp local natural honey
¼ tsp white pepper*	1 tbsp Dijon mustard	¼ tsp hot sauce
½ tsp onion powder*	1 tbsp horseradish	½ tsp white pepper
		1 tsp black pepper

#### DIRECTIONS

Mix all seasoning in a bowl and place on chicken breasts where skin was removed. Place chicken on rack in a smoker and put chips on opposite end. Place the “chip end” of the smoker over the burner on medium high for 6 minutes and cover. Turn off heat and let stand so smoke settles. Cut the green rind off of watermelon and place in a blender in small pieces to puree the watermelon. Remove from blender and place in saucepan. Add all seasonings and allow the mixture to boil, reducing heat to a slow simmer. When reduced by 1/3, the sauce is ready for use. Place chicken breasts in a large skillet on stove and add enough BBQ sauce to lightly cover the pan. Sear chicken and sauce, continuing to add sauce as you go. Save enough sauce to use as garnish when finished (about 1 cup).

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**4 servings**

**TURNIP GREEN SALAD WITH BUTTER BEANS**

**INGREDIENTS**

- |  |                                 |   |
|--|---------------------------------|---|
| 1 fresh turnip green with both turnip root and greens (if possible, a sliced root, otherwise use separate root and greens available) | ¼ tsp cumin                     | 1 cup drained or fresh soaked butter beans (can be frozen if necessary) |
| 2 tbsp julienne yellow onion   | ¼ tsp coriander                 | 1 tsp Dijon mustard   |
| 1 tbsp minced garlic   | ¼ crushed red pepper            | ½ tsp balsamic vinegar  |
|  | ½ tspn black pepper             | ½ tsp olive oil   |
|  | 1 squeeze of lemon juice        | Zero fat cooking spray  |
|  | 1 tbsp julienne red bell pepper |   |

**DIRECTIONS**

Julienne cut all turnip greens into thin, even slices.

Set aside. Spray a saute' pan with zero fat cooking spray and add sliced turnip root. Brown on one side and add garlic, onion, cumin, coriander, black pepper and butter beans. Spray top of mixture with cooking spray and toss vigorously until everything is lightly brown.

Add greens to saute' pan with beans and toss until slightly wilted. Pull out greens with tongs and place

on one half of plate.

Make dressing by combining mustard, lemon, balsamic vinegar and olive oil in a mixing bowl and whisk. Set aside.

To plate: Place chicken opposite of greens. Remove bean mixture and place on top of greens, then add dressing. Ladle the remaining watermelon BBQ sauce on top of chicken breast and serve.

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