

# ORANGE CAN CHICKEN

with orange-avocado salsa

½ C. salt  
4 C. water  
1 whole chicken, 3-4 pounds  
1 can of mandarin oranges, large but not too large

**Rub:**

1 t grated orange zest  
1 t black pepper  
1 t garlic powder or garlic salt\*  
¼ t cayenne pepper (optional)

**Salsa:**

2 large navel oranges, chopped  
¼ C. sweet onion, chopped  
1 jalapeno, seeded and chopped  
½ C. fresh cilantro, minced  
1 avocado, chopped



Dissolve half a cup of salt in water. Submerge the raw chicken in the water and allow to brine for at least 2 hours, or overnight. (\*Brining is optional but worth it if you have the time. If you choose not to brine the chicken, then use garlic salt in place of garlic powder in the rub.)

Preheat the grill on high. Drain the chicken and pat dry with towels. Mix all the rub ingredients together, then smear over the skin of the chicken and inside the cavity. Open the can of oranges and pour off a little liquid, which you can discard. Wrestle the chicken onto the can, being careful not to spill. The can will remain upright. Turn off the burners on one side of the grill. Place the chicken on indirect heat with the breast facing the hot side of the grill. Close the grill and cook the chicken until it's done, about an hour. Remove the chicken from the grill. Careful - the can will be hot. Tip the chicken over so that the juice from the can pours into the chicken cavity. Allow to rest until the can is cool enough for you to pull it out.

While the chicken is cooking, mix together all the salsa ingredients except the avocado. Chop the avocado just before serving. Yum!

