

Grilled Chicken Skewers with Peanut Dipping Sauce

EASY recipe

1½ lbs. boneless, skinless chicken breast cut into 1-inch cubes
½ tsp salt
¼ tsp garlic powder
1 tbsp extra-virgin olive oil

Sauce ingredients:

¼ cup peanut butter
1 tbsp sodium-reduced soy sauce
1 tbsp balsamic vinegar
1 lime, juiced
1 tbsp toasted sesame oil

Preheat grill to medium. **Toss** chicken with salt, garlic and oil. **Mix** well and refrigerate for 20 minutes. **Thread** chicken onto skewers, and grill 10-15 minutes, turning every few minutes, or until chicken reaches an internal temperature of 165°F.

Whisk together sauce ingredients; thin it with water to reach desired consistency.

Brush some peanut sauce over grilled chicken, and serve remaining sauce for dipping.

Makes 4 servings. Per serving: 288 calories | 33g protein | 15g total fat | 3g saturated fat
6g mono fat | 5g poly fat | 6g carbohydrate | 2g sugar | 1g fiber | 477mg sodium

