

RECIPE

Chicken Sates with Peanut Dipping Sauce

Start to Finish: 30 minutes Servings: 2

Ingredients:

- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon rice wine vinegar
- 2 teaspoons canola oil
- 1/2 + 1/4 teaspoon ground ginger
- 3/4 pound boneless, skinless chicken thighs, cut into 1/2-inch strips
- 1/3 cup coconut milk
- 2 tablespoons smooth peanut butter
- 1 garlic clove, minced
- 1/2 serrano chile pepper, minced (optional)
- 1/4 teaspoon salt
- Juice of 1/2 lime
- 6 metal skewers, or wooden ones soaked in water for at least 20 minutes

Directions:

1. Mix together soy sauce, vinegar, oil and 1/2 teaspoon ginger in a small bowl. Combine marinade and chicken strips in a large plastic resealable bag and let marinate for 30 minutes in the refrigerator.
2. Meanwhile, add coconut milk, peanut butter, garlic, chile pepper, 1/4 teaspoon ginger, salt and lime juice to a medium skillet. Bring to a simmer over medium heat, whisking until smooth. Reduce heat to low and simmer 1-2 minutes, until the sauce thickens.
3. Prepare grill. Thread chicken strips onto skewers so they lie flat. Grill chicken about 3 minutes per side, until cooked through. Serve with dipping sauce.

Nutrition Information Per Serving:

389 Calories; 26 g Total Fat; 10.5 g Saturated Fat; 718 mg Sodium; 33 g Protein; 1 g Dietary Fiber; 8 g Carbohydrates

