

**Chicken, Grilled**

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# **Chicken Satay with Peanut Sauce**

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**Servings: 4**

## **SAUCE**

**1/4 cup creamy peanut butter**

**2 1/2 tablespoons hoisin sauce**

**1 tablespoon fresh lime juice**

**1 teaspoon chili-garlic sauce**

**3/4 cup water**

## **CHICKEN**

**1 1/2 pounds boneless/ skinless chicken breasts, trimmed and cut into 1-inch strips**

**2 tablespoons fresh lime juice**

**1 tablespoon olive oil**

**1/2 teaspoon salt**

**1/4 teaspoon pepper**

**8 (8 to 10 inch) bamboo skewers, soaked in water at least 30 minutes**

To prepare the sauce, warm the peanut butter in a small bowl in the microwave. Whisk in the hoisin sauce, lime juice and chili sauce. Add more or less water to reach the desired consistency.

To prepare the chicken, weave the pieces onto the skewers. In a bowl, combine the lime juice, oil, salt and pepper. Brush onto the skewered chicken.

Prepare the grill.

Grill the chicken skewers for 3 minutes per side or until the chicken is thoroughly cooked.

Serve with the peanut sauce.

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Per Serving (excluding unknown items): 55 Calories; 4g Fat (58.6% calories from fat); trace Protein; 6g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 429mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.