

Chicken, Grilled

Chinese Takeout-On-A-Stick

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Servings: 4

3 tablespoons reduced-sodium soy sauce

3 tablespoons sesame oil

4 teaspoons brown sugar

4 teaspoons fresh gingerroot, minced

2 cloves garlic, minced

1/2 teaspoon crushed red pepper flakes

1 pound boneless/ skinless chicken breasts, cubed

3 cups fresh broccoli florets

Preheat the grill.

In a bowl, combine the soy sauce and sesame oil.

Stir in the brown sugar, gingerroot, cloves, and red pepper flakes. Set aside three tablespoons for basting.

Add the chicken to the remaining mixture. Toss to coat.

Thread the chicken and broccoli florets onto four metal skewers.

Grill, covered, over medium heat for 10 to 15 minutes or until the chicken is no longer pink, turning occasionally.

Baste with the reserved soy sauce during the last 4 minutes of cooking.

Per Serving (excluding unknown items): 127 Calories; 10g Fat (70.4% calories from fat); 2g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 466mg Sodium. Exchanges: 1 Vegetable; 2 Fat; 0 Other Carbohydrates.