

Five-Spice Chicken Skewers with Sweet Chile Dipping Sauce

Publix Grape Magazine - Winter 2014

Servings: 12

2 pounds skinless/ boneless chicken breasts

2 tablespoons sugar

2 tablespoons soy sauce

2 tablespoons toasted sesame oil

2 tablespoons canola oil

1 tablespoon lemongrass paste

4 cloves garlic, minced

1 teaspoon five-spice powder

1 teaspoon red chile paste

bamboo skewers

SWEET CHILE DIPPING SAUCE

6 tablespoons white vinegar

2 serrano chile peppers, stemmed, halved and seeded

4 cloves garlic

1 teaspoon salt

1 cup water

1/2 cup sugar

4 teaspoons cornstarch

Preparation Time: 20 minutes

Grill: 5 minutes

Slice the chicken crosswise into 1/4-inch-wide strips. Place the chicken into a large resealable plastic bag set in a shallow dish.

In a small bowl, whisk together the sugar, soy sauce, sesame oil, canola oil, lemongrass paste, garlic, five-spice powder and chile paste. Pour the marinade over the chicken in the bag. Seal the bag. Marinate in the refrigerator for four to twenty-four hours, turning the bag occasionally. Drain the chicken, discarding the marinade. Thread the chicken onto the skewers.

For a charcoal or grass grill, grill the skewers on the greased rack of a covered grill directly over medium heat for 5 minutes or until the chicken is 165 degrees, turning once.

Make the Sweet Chile Dipping Sauce: In a blender or food processor, combine the vinegar, serrano peppers, garlic and salt. Cover and blend or process until smooth. Transfer the mixture to a small saucepan. Stir in the water, sugar and cornstarch. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Remove from the heat and cool completely before serving.

Serve the chicken with Sweet Chile Dipping Sauce.

Per Serving (excluding unknown items): 69 Calories; 2g Fat (28.5% calories from fat); trace Protein; 13g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 350mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	69	Vitamin B6 (mg):	trace
% Calories from Fat:	28.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	69.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	1mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0%
Carbohydrate (g):	13g		
Dietary Fiber (g):	trace		
Protein (g):	trace		
Sodium (mg):	350mg		
Potassium (mg):	21mg		
Calcium (mg):	6mg		
Iron (mg):	trace		
Zinc (mg):	trace		
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 69 **Calories from Fat:** 20

% Daily Values*

Total Fat 2g	4%
Saturated Fat trace	1%
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrates 13g	4%
Dietary Fiber trace	0%
Protein trace	
Vitamin A	0%
Vitamin C	1%
Calcium	1%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.