

Yakitori

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Servings: 4

*1 cup soy sauce
1 1/4 cups mirin (sweet
Japanese sake)
1 large clove garlic, crushed
1 pound boneless/ skinless
chicken breasts, cut into
cubes or strips
1 green pepper, cut into one-
inch pieces
1 medium onion, cut into
eights
12 fresh mushroom caps*

In a saucepan, combine the soy sauce, Mirin and crushed garlic. Simmer until slightly thickened. Set aside.

Thread the chicken on eleven-inch metal skewers, alternating with green peppers, onion and mushrooms, leaving space between each. Place the prepared skewers in a shallow pan. Add sauce and marinate for several hours.

In the meantime, prepare the grill for broiling.

Broil over coals, turning and basting with sauce several times, until the chicken is done.

Yakitori may be cooked in the broiler oven. Preheat the broiler. Broil six inches from the source of the heat. Turn the skewers once or twice, basting with sauce. If mirin is not available, use 3/4 cup of sake' amd 1/2 cup of sugar, mixed.

Per Serving (excluding unknc items): 84 Calories; 1g Fat (5 calories from fat); 7g Protein; Carbohydrate; 3g Dietary Fib 0mg Cholesterol; 4121mg Sc Exchanges: 3 Vegetable.