

# Marinated Sesame Chicken Kabobs

Hands-on - 40 min.  
Grill - 6-8 min.  
Serves 12 or 6

Here's a great way to add a lean protein source to your finger-food party menu. Festive, delicious and easy to eat, your guests will love them!

*12 as an appetizer  
(Two 6-inch skewers  
per person)*

*6 as a meal  
(Two 12-inch skewers  
per person)*

1/4 cup tamari or soy sauce (reduced-sodium)  
1 tsp sesame oil  
1 T firmly packed brown sugar  
1/2 tsp ginger (fresh grated is best)  
8 grinds fresh ground pepper  
1/4 tsp minced garlic  
2 T sesame seeds

**5 hours before serving or night before:**  
Mix together in a large bowl for marinating.



6 (4 oz each) skinless, boneless, chicken breasts

Slice chicken into 2" x 1/2" strips. Thoroughly coat with marinade, cover and refrigerate for 5 hours or overnight.

Preheat BBQ grill or oven broiler.  
Position oven rack 6 inches from broiler.

## Optional additions

Whole mushrooms, green & red pepper chunks, onion wedges, cherry tomatoes, pineapple chunks

## 10 minutes before serving:

If using these, mix with chicken and marinate a few minutes before assembling. (Over-exposure to the salty marinade causes vegetables to wilt.)

Using 6" bamboo skewers for appetizers\* and 12" for dinner entrées, begin assembling kabobs. Pierce 1 end of the chicken strip, then hook it around and pierce the other end. Or pierce the whole strip lengthwise (use a weaving motion if desired). Alternate with the colorful vegetables if using. Broil or grill 6 to 8 minutes or until chicken is fully cooked.

6 red-tipped lettuce leaves

Serve warm or cold on a lined tray of red-tipped lettuce leaves.

*\*Simply cut 12" skewers in half.*

## Nutrition information for two 6-inch skewers (without optionals)

Calories	84	Fat	2 g	Fiber	<1 g	Sodium	240 mg	Total Carbohydrate	2 g
Calories from Fat	21%	Saturated Fat	<1 g	Cholesterol	33 mg	Protein	14 g	Sugars	1 g