



Chicken Yakitori Satay Style

Ingredients

- 1 ¼ Cup Soy Sauce
- 1 ¼ Cup Sherry
- 3 oz. Granulated Sugar
- 1 oz. Ginger Root - Fresh, Minced
- ¼ oz. Garlic - Fresh, Minced
- ¾ lb. Chicken Breasts - Boneless, Skinless, Raw, Random 1" Pieces
- ¾ lb. Green Onions - Fresh, Sliced 1 ½" Lengthwise (White Part Only) (3 Pieces Per Skewer)
- 12 Wooden Skewers - soaked in cold water for 30 minutes
- 2 Tbsp Vegetable Oil

Nutrition Facts (per serving)

Calories	241
Fat (g)	10.3
Saturated Fat (g)	2.3
Cholesterol (mg)	75
Sodium (mg)	535
Carbohydrate (g)	8.2
Fiber (g)	1.5
Protein (g)	26.2
Calcium (mg)	57

Preparation

In a medium saucepan, whisk soy sauce, sherry, sugar, ginger and garlic for marinade. Bring to a boil over moderate heat. Reduce heat and simmer for 5 minutes or until sugar is dissolved.

On each wooden skewer, alternate 2 pieces chicken with 3 pieces green onion.

Pour marinade over chicken skewers. Refrigerate for at least 1 hour, but no more than 3, to marinate.

Drain and discard excess marinade.

Lightly oil or spray sheet pans with oil. Place skewers on pans. Bake in a preheated 425 degree F. standard oven for 4 minutes or until minimum internal temperature of chicken is 165 degrees F.

Serves 6

Portion Size: 2 Skewers

