

Grilled Chicken Saté with Peanut Dipping Sauce

Prep: 25 minutes plus marinating Grill: 8 minutes • Serves: 6

- 18 (6-inch) bamboo skewers
- 3 garlic cloves
- 1¼ cups unsweetened coconut milk
- 1/2 cup packed light brown sugar
- 2 tablespoons fresh lime juice
- 1¹/₂ tablespoons fish sauce
- 1½ tablespoons grated peeled fresh ginger
- 1/4 teaspoon turmeric powder
- 1¹/₂ pounds boneless, skinless chicken breasts, sliced diagonally into ¹/₂-inch-thick strips
- 2 green onions, thinly sliced
- 34 cup creamy peanut butter
- 1¹/₂ tablespoons less-sodium soy sauce
- 1 teaspoon crushed red pepper flakes

1. In wide, shallow dish, soak skewers in water 30 minutes. In blender or food processor with knife blade attached, purée garlic, ¾ cup coconut milk, brown sugar, lime juice, fish sauce, ginger and turmeric.

2. Thread chicken onto skewers, weaving chicken in and out of skewer; place in medium, deep bowl. Pour ½ cup coconut milk mixture over chicken skewers and rotate to coat evenly; refrigerate 30 minutes.

3. In small saucepot, heat onions, peanut butter, soy sauce, red pepper flakes, remaining ½ cup coconut milk and remaining coconut milk mixture over low heat until mixture simmers, whisking occasionally; cook 2 minutes. Remove saucepot from heat; keep warm. Makes about 1¾ cups sauce.

4. Prepare outdoor grill for direct grilling over medium-high heat. Remove skewers from marinade; discard marinade. Place skewers on hot grill rack; cook 8 minutes or until internal temperature reaches 165°, turning once. Serve with peanut dipping sauce.

Approximate nutritional values per serving: 177 Calories, 20g Fat (5g Saturated), 62mg Cholesterol, 679mg Sodium, 28g Carbohydrates, 2g Fiber, 27g Protein