recipe : Chicken on a Stick with Asian Dipping Sauce

from the kitchen of

Choices

serves 4

prep time

ingredients

1 teaspoon each: garlic powder, onion powder, paprika
1/2 teaspoon each: cumin, dried basil,thyme, coarse salt
1/4 teaspoon black pepper
1/8 teaspoon ground red pepper (cayenne)
1/4 c. safflower oil
4 boneless, skinless, chicken breast halves, cut into 1 inch chunks
1/2 c. soy sauce
2 tablespoons each: lemon juice, rice vinegar, water
1 tablespoon minced green onion
1/4 t. crushed red pepper

instructions

1. Combine garlic, onion, paprika, cumin, basil, thyme, salt, and ppers in a medium bowl. Whisk in oil. Add chicken, toss to evenly coat. Cover with plastic wrap, refrigerate 30-60 minutes. (If using bamboo skewers, begin soaking them in water to avoid burning when cooking)
2. For the dipping sauce, whisk together soy sauce, lemon juice, rice vinegar, water, green onion and red pepper flakes in a small bowl; pour into small serving bowls for individual dipping.
3. Prepare grill. (Or heat broiler) Thread the chicken chunks onto skewers. Grill (or place on oven safe pan and broil) until the meat is firm, 8 - 10 minutes, turning once. Serve warm with dipping sauce.

notes

We prefer organic ingredients when available. Our family invested in metal skewers, which I love and can be washed and reused.

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