



Chicken Satay and Vegetables with Peanut Sauce

366
CALORIES

2g
FAT


6
SERVINGS

INGREDIENTS

| | | | |
|-------------------|---|---------------|---|
| 1 lb | Boneless skinless chicken breasts - cut into 24 cubes | 1 tbsp | Finely chopped fresh parsley - to taste |
| 3 tbsps | Low sodium soy sauce - divided | 2 | Bell peppers - (or a combination) cut into cubes |
| 1 1/2 cups | Chili sauce | 2 | Onions - quartered |
| 2 tsps | Red pepper flakes - crushed, to taste | 9 cups | Frozen broccoli - prepared per package directions |
| 1/3 cup | Peanut butter | 6 | Tomatoes - halved |
| 2 tsps | Sesame oil | 3 cups | Strawberries - sliced |

Chicken Satay and Vegetables with Peanut Sauce: Instructions

1. Marinate chicken in 2 tablespoons of soy sauce for at least 15 minutes.
2. Whisk remaining tablespoon of soy sauce with chili sauce, red pepper flakes, peanut butter, sesame oil and parsley until smooth. Set aside.
3. Preheat broiler.
4. Thread chicken, bell peppers and onions onto skewers.
5. Place skewers on a lightly greased, rimmed baking sheet. Broil on top rack with the tomatoes for 3 to 4 minutes per side or until cooked through.
6. Serve satays on a platter over broccoli with tomatoes around the edge and the reserved sauce for dipping on the side.
7. Have a bowl of strawberries.