



Asian-Inspired Chicken Kebabs

Prep: 20 minutes | Chill: 1 hour | Cook: 10 minutes | Total: 1 hour 30 minutes

Yield: 4 servings | Serving Size: 1 kebab without optional garnishes

Ingredients

- 1 tablespoon reduced-sodium (lite) soy sauce
- 1 tablespoon unseasoned rice vinegar
- 1 teaspoon toasted sesame oil
- 1 teaspoon honey
- 1 scallion (green onion), minced (about 1 tablespoon)
- 2 cloves garlic, minced (about 1 teaspoon)
- 1 teaspoon grated fresh ginger (or ¼ teaspoon ground dried ginger)
- 1 teaspoon lemon zest
- ½ teaspoon ground white pepper
- 1 pound (16 ounces) boneless skinless chicken breasts, cut into ¾- to 1-inch pieces
- 1 tablespoon canola or avocado oil
- Optional garnishes: Toasted sesame seeds, sliced scallion (green onion)

Directions

1. In a small mixing bowl, make a marinade by whisking together the soy sauce, vinegar, sesame oil, honey, scallion, garlic, ginger, lemon zest, and white pepper.
2. Transfer the marinade mixture to a quart- or gallon-sized zip-top plastic bag. Set the bag inside the bowl, then add the chicken to the bag and toss to coat with the marinade.
3. Seal the bag, squeezing out the excess air. Let sit for 1-4 hours (in the refrigerator if longer than 1 hour).
4. Fill a 9x13-inch baking dish about halfway with warm water. Place four wooden skewers in the water and set aside.
5. Heat the grill to medium-high heat or the broiler to high heat. If the broiler is in an oven, move one rack to the top.
6. After 15 minutes of soaking, remove the skewers from the water and thread the chicken onto the skewers. Discard the excess marinade.
7. Brush the chicken with the oil, then place on the grill or on a broiler-safe baking sheet under the broiler (top oven rack). Cook to an internal temperature of 165°F, about 8-10 minutes, turning every 2-3 minutes.
8. Serve warm, adding garnishes as desired.

**Nutrition Facts Per Serving: Calories: 270 | Total Fat: 13 g | Saturated Fat: 2.5 g
Sodium: 250 mg | Total Carbohydrate: 3 g | Dietary Fiber: 0.5 g | Protein: 33.5 g**

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