



FARMERS MARKET

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Asian Barbecued Chicken and Veggie Skewers

Serves 4

Ingredients:

For the marinade/glaze/sauce:

¼ cup soy sauce

¼ cup honey

¼ cup extra virgin olive oil

¼ cup smoky barbecue sauce I like Sweet Baby Rays

1 teaspoon sesame oil

1 teaspoon siracha sauce

1 tablespoon fresh ginger

2 medium cloves garlic

For the skewers:

1 ½ pounds boneless skinless chicken breast cut into 1 to 1 1/2-inch pieces

3 medium-small zucchini cut into 1/2-inch slices

1 large red onion cut into 1 1/4 to 1 1/2-inch pieces

3 medium bell pepper cut into cut into 1 1/4 to 1 1/2-inch pieces, I used red, yellow and orange, but use whatever color you like.

Instructions

For the marinade/glaze/sauce, combine all sauce ingredients and stir well to combine. Set aside.

About 2-4 hours before serving, place chicken and 3 tablespoons sauce in a zippered bag. Squeeze bag gently to coat chicken with sauce. Refrigerate till ready to assemble skewers.

If using wooden skewers, soak in water while chicken is marinating. (The skewers will still char, even with soaking, but this will prevent them from igniting.)

Heat a gas or charcoal grill to medium high.

Remove chicken from the refrigerator and begin threading chicken and veggies on skewers. Leave at least 1-inch space on both ends of skewers for handling.

Remove 1/2 cup of the sauce, reserving the remainder. Place skewers on hot, clean, oiled grill. Turn skewers frequently (about every 2-3 minutes) and baste with each turn.

Cook until golden and charred in a few places, 10-15 minutes. Remove from grill and tent with foil for 5 minutes before serving. Serve with little bowls of the remaining sauce for dipping or drizzle skewers with some of the sauce.

Credit: thecafesucrefarine.com