

chicken satay with spicy peanut sauce

PREP TIME: 15 minutes
MARINATE TIME: 30 minutes
MAKES: 4 servings
COOK TIME: 10 minutes

WHAT YOU NEED

- 1/2 cup Wish-Bone Light Italian Dressing
- 2 tsp. firmly packed brown sugar
- 3 tsp. finely chopped cilantro
- 2 tsp. finely chopped fresh ginger
- 4 oneless, skinless chicken breasts (about 1 lb.),
pounded thin and cut into thin strips
- 1/4 cup Skippy Reduced Fat Creamy Peanut Butter
- 1/4 tsp. curry powder
- 1/4 tsp. ground red pepper

MAKE IT

1. For marinade, combine 1/4 cup Dressing, brown sugar, 2 teaspoons cilantro and ginger. In large, shallow nonaluminum baking dish or resealable plastic bag, pour 2 tablespoons marinade over chicken; turn to coat. Cover, or close bag, and marinate in refrigerator, turning occasionally, 30 minutes or up to 3 hours. Refrigerate remaining marinade.
2. Meanwhile, in small bowl, blend Peanut Butter, remaining 1/4 cup Dressing, 1 teaspoon cilantro, curry and red pepper; refrigerate until ready to serve.
3. Remove chicken from marinade, discarding marinade. On skewers, thread chicken. Grill or broil chicken, turning once and brushing frequently with refrigerated marinade, until chicken is thoroughly cooked. Serve with peanut sauce and, if desired, Cucumber Relish.



Nutrition Information per serving:

Calories 270, Calories From Fat 100, Saturated Fat 2g, Trans Fat 0g, Total Fat 11g, Cholesterol 75mg, Sodium 560mg, Total Carbohydrate 14g, Sugars 7g, Dietary Fiber 1g, Protein 27g, Vitamin A 2%, Vitamin C 6%, Calcium 2%, Iron 6%