



MARINATED CHICKEN SKEWERS

MAKES 8 SERVINGS/SKEWERS

Ingredients:

- 1 package raw, small chicken tenders or 1 package of breasts cut in small chunks (16 oz)
- 3 Tbsp low sodium soy sauce
- 2 Tbsp honey
- 1 lime, juiced
- 1 tsp minced garlic
- 1 Tbsp olive oil
- 8, 4.5-inch-long skewers

Directions:

Place chicken in a plastic food storage bag. In a small bowl, mix soy sauce, honey, lime juice, garlic, and olive oil. Pour mixture over chicken. Marinate chicken for at least 2 hours in the refrigerator.

When ready to cook, preheat the oven or grill to 350 degrees. Skewer the chicken. Bake in the oven on a baking pan or grill until thoroughly cooked.