

LUNCH OR DINNER — MAIN DISH

Marinated Chicken Skewers

Makes 8 servings · 1 skewer each

SATIETY SCORE 4 / 5	NUTRITION HIGH
Per serving (approx.): Protein 13 g · Fiber 0 g · Calories 110	

Ingredients

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

Directions

1. Place the chicken in a food storage bag.
2. Mix the soy sauce, honey, lime juice, garlic, and olive oil; pour over the chicken.
3. Marinate in the refrigerator at least 2 hours.
4. Preheat the oven or grill to 350°F, thread the chicken onto skewers, and cook until done.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 lime, juiced
- ☐ 1 tsp garlic

MEAT & POULTRY

- ☐ 16 oz raw chicken tenders

PANTRY & DRY GOODS

- ☐ 3 Tbsp soy sauce

CHECK YOUR PANTRY

- ☐ Honey
- ☐ Olive oil