SUPERBOWL CHICKEN SKEWERS

Change up your usual game day routine with these delicious chicken skewers, served with a zesty peanut dipping sauce. This healthy recipe makeover cuts the amount of saturated fat and added sugar found in most traditional chicken wings. Serve alongside a colorful veggie platter for a super, cancer-fighting spread.

Makes 6 Servings (1 naan pizza)

Per serving: 280 calories, 14 g total fat (2 g. saturated fat), 9 g carbohydrate, 29 g protein, 1 g dietary fiber, 400 mg sodium.

Prep Time: 70 minutes   Cook time: 15 minutes

INGREDIENTS

Skewers
2/3 cup low-sodium chicken broth
1/3 cup lite coconut milk
2 Tbsp. reduced-sodium soy sauce
1 Tbsp. ginger, minced
1 garlic clove, minced
2 tsp. brown sugar
1 tsp. lime juice
Dash of cayenne pepper (optional)
1 lb. boneless, skinless chicken tenders
Green onions, coarsely chopped (for garnish)

Peanut Dipping Sauce
1/2 cup natural peanut butter
2 Tbsp. reduced sodium soy sauce
1/4 cup low-sodium chicken broth
1 Tbsp. brown sugar
1 Tbsp. ginger, minced
2 cloves garlic, minced
1 Tbsp. lime juice
Crushed red pepper flakes (to taste)

DIRECTIONS

1. Combine first 8 ingredients. Add chicken tenders (to coat), cover and refrigerate for an hour. Soak wood skewers in water for at least 15 minutes before grilling. Thread 1 chicken tender on each skewer and discard the extra marinade.
2. Cook the chicken on a grill or nonstick pan (coat with cooking spray) over medium-high heat for about 3 minutes per side, until fully cooked through.
3. Make peanut sauce by combining all ingredients in a food processor and mix until smooth. Serve immediately with chicken skewers, and garnish with green onions.

ABOUT THE AUTHOR:

Sonja Goedkoop, MSPH, RD, is the lead registered dietitian at Zesty, Inc. She is passionate about helping others improve their health through diet and physical activity and believes eating nutritious food should be easy and taste great.