

# Asian Chicken Skewers

Tasty morsels of chicken with an Asian flavor.

Makes about 25 appetizers

- "2 1/4 pounds chicken breast or thigh meat, cut into thin strips
- "25 - 30 each bamboo skewers, 6 inch, soaked in water
- "1 cup rice wine vinegar
- "3/4 cup reduced sodium soy sauce
- "10 each garlic cloves, minced
- "1/2 cup sugar
- "1 teaspoon whole black peppercorns, crushed
- "1/2 teaspoons salt

For dipping sauce:

- "2/3 cup rice wine vinegar
- "5 each garlic cloves, minced
- "1 1/2 teaspoons hot pepper sauce

Make chicken sticks by "worming" chicken strips onto bamboo skewers. Place chicken sticks in a baking dish. Prepare marinade by combining rice wine vinegar, soy sauce, garlic, sugar, crushed peppercorns and salt in bowl. Mix well. Pour marinade over chicken sticks. Place under refrigeration and marinate for 3 - 4 hours. Prepare dipping sauce by combining rice wine vinegar, garlic and hot pepper sauce. Mix well and reserve.

Drain chicken sticks well, discard marinade. Grill or barbecue until cooked through. Place cooked chicken sticks on a serving platter and serve with dipping sauce.

Per Serving (using boneless skinless chicken breasts): 36 Calories; trace Fat (3.2% calories from fat); trace Saturated Fat; 3g Protein; 6g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 345mg Sodium
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