

YAKITORI CHICKEN KABOBS

Makes 4 servings (2 skewers each) at \$1.35 each.

Prep: 5 minutes. **Marinate:** 1 to 4 hours.

Broil: 10 minutes

Teriyaki Sauce:

- 1/4 cup soy sauce**
- 1/4 cup firmly packed light-brown sugar**
- 1/2 teaspoon ground ginger**
- 2 cloves garlic, pressed**
- 2 teaspoons apricot jam**

Chicken Kabobs:

- 2 whole chicken breasts, skinned and boned**
- 8 green onions, cut in 1-inch pieces**

- 1.** Prepare Teriyaki Sauce: Combine soy sauce, sugar, ginger, garlic and jam in bowl. Cut chicken into 1-inch pieces, add to sauce. Refrigerate for 1 to 4 hours.
- 2.** To form kabobs, alternate pieces of chicken and green onion on eight 8-inch metal skewers. (If using wooden skewers, soak in water for 30 minutes.) Baste with Teriyaki Sauce.
- 3.** Broil in preheated broiler 6 inches from heat for 10 minutes or until chicken is cooked through, turning skewers 3 to 4 times.

Nutrient Value Per Serving:

183 calories, 16 g protein, 7 g fat,
14 g carbohydrate, 1,080 mg sodium,
46 mg cholesterol.

Exchanges: 2 meat, 2/3 fruit, 1/8 vegetable. ■