

Pineapple Chicken Satay

Adapted from [Cooking Light - June 2011](#)

Ingredients:

¼ cup lower-sodium soy sauce
¼ cup sweet chili sauce
¼ cup crunchy peanut butter
2 teaspoons sesame oil
½ teaspoon curry powder
1 pound chicken breasts, cut lengthwise into 8 pieces
1 tablespoon garlic, minced
Cooking spray
1 ½ cups diced pineapple
⅓ cup red onion, thinly sliced
2 tablespoons fresh cilantro, chopped
2 tablespoons fresh lime juice
⅛ ground cayenne pepper

Preparation:

In a small bowl whisk the soy sauce, sweet chili sauce and peanut butter together. Warm the sauce in microwave for 30 seconds if needed to combine the sauce.

In a large bowl combine the sesame oil, curry powder and chicken tenders in a bowl. Toss to evenly coat. Thread chicken onto 6-inch skewers.

Heat a large grill pan with cooking spray. Add the garlic and let it saute for 1 minute, then add the chicken until no longer pink.

In a small bowl, combine the diced pineapple, sliced red onion, chopped cilantro, and cayenne pepper. Toss to combine.

Serve the chicken with soy sauce-peanut mixture and ⅓ cup of the pineapple mixture over a bed of steamed rice.

Nutritional Factor: Cal: 330; Fat: 119g; Carb 22.7g; Fiber: 2.2g; Protein: 31.2g;
Servings: 4 servings (serving size 2 skewers, and ⅓ cup pineapple mixture)

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