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Sassy Grilled Chicken Skewers Recipe

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SASSY GRILLED CHICKEN SKEWERS RECIPE

Ingredients

- 1 Lb. boneless chicken breasts
- 2 Tablespoons (Tbsp) Cherchies Select Grilling Rub & Seasoning (or more according to your taste)
- 3 Tablespoons (Tbsp) Olive Oil (2 Tbsp reserved for marinade)
- Bamboo Skewers
- 1 Gallon sized plastic reclosable bag (you can use a bowl covered with plastic wrap instead and shake to incorporate spices and chicken).

Preparation

1. Ready, here we go! Chicken...Ho-hum...but wait, let's "Spice" things up a bit! Slice chicken breasts into 1/2" strips. Pour 2 Tbsp Olive oil into plastic bag (you can also place chicken in a bowl and cover with plastic wrap), add a generous amount of Cherchies Select Grilling Rub & Seasoning (about 2 Tbsp., or more depending on taste) to bag.
2. Add sliced chicken into the plastic bag. Be sure to close the bag...that wouldn't be fun! Shake to mix. Marinate for at least 30 minutes in the refrigerator. Chicken can be marinated the day before. (If you marinate the day before, skewers only need to soak 30 minutes before you begin). While chicken is marinating, soak bamboo skewers in a shallow pan for at least 30 minutes to prevent burning.
3. Now it's time to get messy! You can skip this step if you'd prefer to make quick chicken tenders, or you don't want to get your manicure messy. I don't have that problem. Skewer chicken strips by weaving in and out of the chicken.
4. Turn on grill to med/high then down to low before cooking. (I use a grill top over my stove in the winter. It's hard to grill outside when it's below zero. Even my hubby won't grill when it's this cold.) *If using a grill, spray lightly with cooking oil before turning on). Add 1 Tbsp. Olive oil to grill top. (Coconut oil is fine too. I cook with this more these days).
5. Add chicken skewers to grill, cooking for 2-3 minutes, or until chicken releases itself from the grill, then turn chicken over, and continue cooking on other side.
6. Wait for it...Put on a pretty platter and serve with your favorite Ranch Dressing.
7. Voila! Dinner is served. Serve with a salad and fruit, and you have a quick, easy dinner. Enjoy:)



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