

CHICKEN SATAY

1/4 c. chicken broth
2 T. soy sauce
1 T. sherry or vermouth
2 t. sugar
2 t. grated ginger
1 minced clove garlic
1 lb. boneless chicken
toothpicks or skewers

1/3 c. water
1 minced clove garlic
1/4 c. minced onion
1-1/2 T. soy sauce
1 T. brown sugar
1 T. catsup
dash red pepper
1/2 T. lime juice
1/4 c. crunchy peanut butter

Cut chicken in 1/2-inch strips. Combine next six ingredients. Marinate chicken in refrigerator for several hours or overnight. Weave chicken on skewers. Microwave on high 6 minutes. Make peanut sauce by cooking garlic and onion in water. (Microwave 1 minute.) Add remaining ingredients and cook until heated through. (Microwave 1 minute.) Pour some of the sauce over chicken and serve with remaining sauce. Makes 4 main dish servings or 6 appetizers. (278 calories per serving)

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