

Chicken with Peanut Dipping Sauce

Ingredients:

- 4-3 oz chicken tenders
- 2 Tbsp. low sodium soy sauce
- 2 Tbsp. low sodium teriyaki sauce
- Chopped fresh cilantro
- 4 wooden skewers
- ¼ cup peanut butter
- ¾ cup chicken broth, low sodium
- 1 Tbsp. low sodium soy sauce
- 1 clove garlic, minced
- 1 Tbsp. lime juice
- ½ tsp. cayenne pepper (increase amount for spicier flavor)

Directions:

1. In a bowl, whisk together soy sauce and teriyaki sauce. Add the chicken, toss to coat, cover and marinate for 30 minutes.
2. Meanwhile, prepare peanut sauce by combining peanut butter, chicken broth, soy sauce, lime juice and cayenne pepper in a small saucepan on medium. Stir and cook until sauce is smooth.
3. Preheat outdoor or indoor grill pan to medium high. Thread chicken on skewers and grill chicken for 2-3 minutes per side, or until chicken is cooked through. Garnish with cilantro and serve with peanut sauce.