



# Chicken Satay

A Healthy Version of Thailand's Most Popular Chicken Skewers

Chicken Satay is pretty much the most popular appetizer in all of Thai cuisine. Traditionally, it's long strips of chicken thighs, pounded thin and marinated for a looooooong time with a mixture of oil, tons of turmeric or curry powder and other spices, depending on which region's recipe you're following. In this case, I'm using chicken breast and instead of mixing all of the spices with oil for the marinade, I'm using a low calorie coconut milk beverage. Because not everyone has a grill, my recipe calls for using your oven's broiler. Also, because not everyone has access to lemongrass, I'm using lemon juice. I'm accommodating like that.

## Servings Info.:

Yield: 42 skewers\*\*  
Servings: 42\*\*  
Serving Size: 1 skewer



Range  
0-0

- last checked 01/04/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Ingredients:

- 2 pounds boneless, skinless chicken breast

### Marinade:

- 2 Tbsp lemon juice
- 4 medium garlic cloves
- 1/2 pound shallots, peeled, chopped\*\*
- 1-1/2 tsp ground turmeric
- 1 tsp ground coriander
- 1/2 tsp chili powder
- 1-1/2 tsp salt
- 1/4 tsp baking soda, dissolved with 1/2 tsp water (trust me)
- 1-1/2 Tbsp 0 point natural sweetener of choice (stevia, truvia, monkfruit, etc)
- 2-1/2 Tbsp reduced sodium soy sauce
- 2 tsp 'dark' soy sauce, optional, for color
- 1/4 cup Coconut Milk Beverage, unsweetened\*\* (located near the almond milk in your grocery store. You might find the brands "So Delicious" or a blend of almond milk or soy milk with coconut milk)

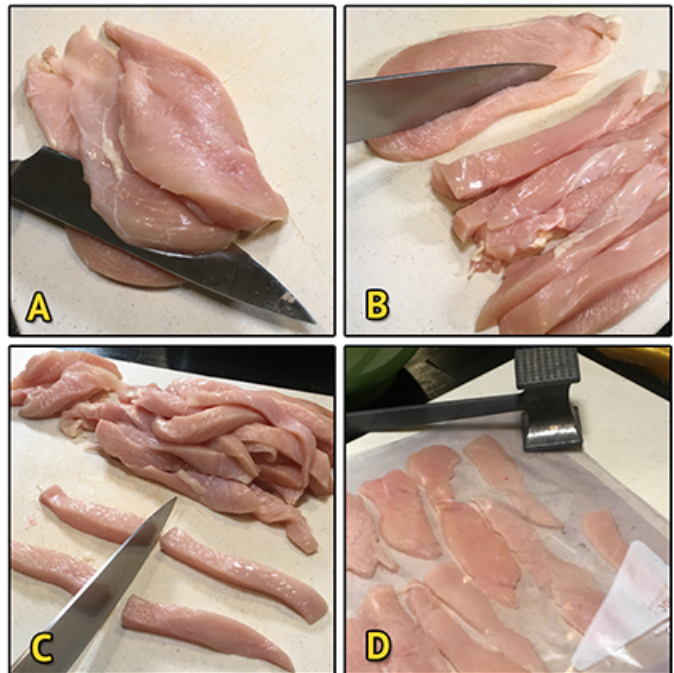
### Additional:

- Wooden Skewers
- 0 point cooking spray

### \*\*Chicken Note:

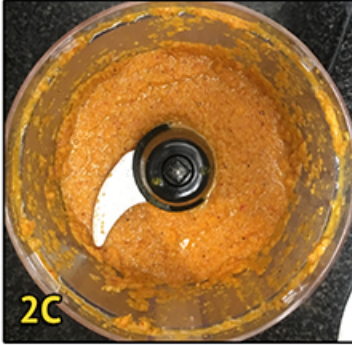
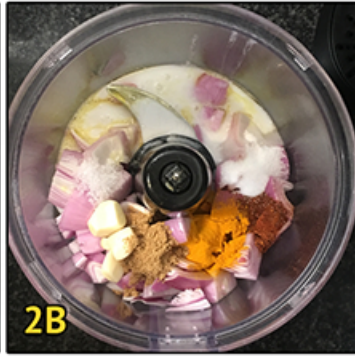
Though my instructions show me slicing up THICK chicken breasts, you can purchase 2 pounds of thin cut chicken breasts. It will allow you to skip over step 1A.

## Directions:



1. (A) My grocery store had THICK chicken breasts on sale, so that's what I used. I wanted the strips to be just shy of 1/2 inch thick, so I sliced the chicken breasts, horizontally, in 1/3's. (B) Slice all of your breast cutlets into long strips, there will be a LOT of them. (C) These are appetizers, so cut all of the really long strips in half. Hey... you're entertaining, so the more skewers you can get out of that 2 pounds of chicken the better. (D) Place a handful of the sliced chicken strips between 2 separate gallon sized plastic bags and using a mallet, play whack-a-mole with them. You don't want to tear them apart, just flatten them a little bit. If you need to let out more aggression, might I suggest using *Talk Space* in the WW app?





2. (A) Put all of your marinade ingredients together for a cool picture. (B) Place all of the listed marinade ingredients into a food processor or blender and (C) process until smooth. In a large mixing bowl, (D) coat all of the chicken with the marinade. Cover with plastic wrap, allow to marinate overnight. Be warned, all those blended shallots are veery pungent. Your eyes will water more than at the end of 'Old Yeller'.

3. The next day.... Soak your wooden skewers in a pan of water for 30 minutes. Line 2 baking sheet pans with foil, then spray with cooking spray. Position 1 of your oven racks onto the 2nd position from the top, then preheat your oven to 425 degrees.



4. (A) Carefully skewer each chicken strip and place onto the foil lined pans. (B) Your oven should be heated to 425 degrees. When you're ready to start cooking, turn on the BROILER setting to HIGH, spray the chicken with cooking spray, then place into the oven. (C) After about 6-7 minutes, the chicken on the top rack should start getting some slight char, that's what you want. Swap the pans, moving the top pan to the bottom rack and the bottom pan to the top rack. Cook for an additional 5-6 minutes. These are thin skewers, they cook quickly. (D) When the tops of both pans of chicken have a little bit of black char on them, remove from the oven. **Serve with my low point & calorie Thai Peanut Dip, recipe found in the "Dips" section, pg 27.** Finish by squeezing a lime over the skewers, then sprinkle with either fresh chopped cilantro or green onion.

**NOTES:**

- I was able to get 42 thin sliced chicken strips from the 2 lbs of chicken, HOWEVER, you may get less. Adjust your points per serving accordingly. To help with that, know that there is only 1 single ingredient point in this marinade.
- If you want to add a little bit more yellow coloring and flavor, add a little 0 points-worth of yellow curry powder.
- Keep an eye on your skewers when they are under the broiler, once they start to char, they can burn quickly.
- If time heals all wounds, why don't belly buttons fill in? 😊

