



LIGHT APPETIZER

Chicken Satay Skewers

1 lb. Boneless, Skinless, Chicken Breast
24 Bamboo Knot Skewers
2 tbsp. Dijon Mustard

METHOD OF PREPARATION:

1. Cut chicken into strips approximately 1 inch long by ½ inch wide. You need to get 6-8 strips per chicken breast. Weave on the skewers.
2. Brush with mustard thinned with 2 tsp. water.
3. Place the chicken skewers on paper lined sheet trays and bake at 325°F for about 10 minutes until you no longer see pink.

SERVES: 24 skewers

NUTRITION: 20 Calories, 0 g Fat, 0 g Saturated Fat, 0 g Trans Fat, 0 mg Cholesterol, 90 mg Sodium, 0 g Carbohydrate, 0 g Dietary Fiber, 3 g Protein

WEIGHT WATCHER SMARTPOINT = 0

ALLERGENS: None