

THAI CHICKEN ON A STICK



INGREDIENTS

3lbs. skinless, boneless chicken (cleaned and dried)
4T Sesame Oil (vegetable or Canola may be used)
3/4 t cinnamon
1/2 t ginger
1/42 t nutmeg
Artificial Sweetener to equal 4 t sugar
1/4 t ground cloves
Salt and pepper as desired
Skewers

DIPPING SAUCE

2 T natural peanut butter
(No sugar added)
4 T Light Teriyaki
Artificial Sweetener to equal 1 T sugar

DIRECTIONS

Preheat oven to 375°. Put all dry ingredients and oil in large bowl and mix until it becomes a paste. Add chicken to bowl and coat with mixture. Place on lightly greased baking pan and cook in preheated oven for approximately 1/2 hour. Let cool and slice chicken into thin strips. Pierce each piece with skewer and wrap chicken around it. Put ingredients for Dipping Sauce in separate bowl and stir well. Serve with cooked chicken on a stick.