

Bourbon Chicken Skewers

Drenched in a cayenne, citrus and bourbon marinade, these skewers are bound to evoke images of sultry southern nights.

Orange juice	1 cup	250 mL
Brown sugar, packed	1/4 cup	60 mL
Bourbon whiskey	1/4 cup	60 mL
Soy sauce	2 tbsp.	30 mL
Cayenne pepper	1/4 tsp.	1 mL
Boneless, skinless chicken thighs (about 3 oz., 85 g, each), cut in half lengthwise	4	4
Bamboo skewers (8 inches, 20 cm, each), soaked in water for 10 minutes	8	8

Combine first 5 ingredients in a medium resealable freezer bag. Add chicken and marinate in refrigerator for at least 6 hours or overnight. Drain marinade into a saucepan. Boil gently on medium for about 20 minutes until thickened and syrupy.

Thread chicken onto skewers. Cook on a greased grill on medium for about 8 minutes, turning once and brushing with marinade, until no longer pink inside. Makes 8 skewers.

1 skewer: 119 Calories; 3.3 g Total Fat (1.2 g Mono, 0.8 g Poly, 0.9 g Sat); 28 mg Cholesterol; 10 g Carbohydrate; trace Fibre; 8 g Protein; 226 mg Sodium

Garnish

sprigs of fresh mint

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