



Yakitori

Serves 8



Yakitori

Ingredients

- 1 Tbsp. corn oil
- 4 oz. scallions, fresh, sliced, divided
- ½ Tbsp. garlic, fresh, chopped
- ½ Tbsp. ginger puree
- ¼ Tbsp. rice vinegar
- ½ Tbsp. sherry vinegar
- ¼ cup low sodium soy sauce
- ½ Tbsp. brown sugar
- 6 Tbsp. water
- ½ each orange, zest and juice
- 8 each chicken thighs, boneless, skinless

Directions

1. To make the marinade/glaze, add oil to a saucepan, half of the scallions and all of the ginger and garlic. Sauté scallions and garlic, stirring frequently for 3-4 minutes until they are soft and lightly caramelized. Add both vinegars and simmer for 2 minutes. Add soy sauce, brown sugar, water, and orange juice/zest. Simmer for 5 minutes.
2. Divide the marinade into two separate containers and refrigerate to cool. Once cooled, place chicken thighs in half the marinade. Toss to mix well and refrigerate chicken overnight.
3. Remove chicken from the marinade and drain excess. Grill chicken on both sides until chicken reaches and internal temperature of 165 degrees. Microwave the remaining marinade until steaming hot and baste chicken with the marinade. Place chicken on a serving platter and pour any remaining marinade on top of the chicken as a sauce.
4. Sprinkle with remaining scallions to garnish.

Nutritional facts per 1 serving (1 thigh, 159g):

Calories 240, Total Fat 11g (15%), Saturated Fat 3g (15%), Cholesterol 155mg (50%), Sodium 450mg (20%), Total Carbohydrate 4g (1%), Dietary Fiber less than 1g (4%), Total Sugars less than 1g, Protein 30g