

## CHICKEN SATAY WITH PEANUT DIPPING SAUCE



People often ask my strategy for eating at cocktail parties or weddings, because so often all of the foods are deep-fried or just fat laden. Admittedly, it can be tough, especially at weddings when, without fail, you're always eating hours after you expected and you're starved by the time they start passing the appetizers. So my strategy is always: eat first.

I never go to cocktail parties very hungry, because though most of us could easily eat ten to fifteen of those bite-sized appetizers, less than half that number tend to have the caloric equivalent of what we should be eating at a meal. Add the fact that you're likely to be having a cocktail (or three) and you can set your healthy eating plan way back.


So I eat a small meal at home and then I enjoy a few things at the event for a treat and as part of being social. When I do look around for something to eat, I usually head toward whatever lean protein is being offered. It's often chicken satay here in Los Angeles, and I've really come to love it. When I'm out, however, I

rarely eat the dipping sauce because that can be extremely fattening, too. Here's a version that you can enjoy guilt free. Note that the chicken is quite tasty on its own, so if you want to save some time (and calories) you can skip the sauce completely. Three pieces of chicken without the sauce have only 154 calories and less than 3 grams of fat.

- 2 tablespoons light soy sauce
- 2 tablespoons sake
- 2 tablespoons fresh lime juice
- 2 tablespoons honey
- 1 tablespoon toasted sesame oil
- 2 tablespoon minced peeled fresh ginger
- 2 tablespoons minced fresh garlic
- 1/2 teaspoon curry powder
- 1 pound boneless, skinless chicken breasts, visible fat removed
- 12 wooden skewers, soaked in water for at least 30 minutes, or metal skewers
- 4 tablespoons Peanut Dipping Sauce (recipe follows)

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MAKES 12 SKEWERS; 4 SERVINGS

 Each 2-Decadent-Disk serving (3 skewers with 1 tablespoon sauce) has: 201 calories, 28 g protein, 10 g carbohydrates, 5 g fat, 1 g saturated fat, 66 mg cholesterol, 1 g fiber, 261 mg sodium

**You save: 190 calories, 20 g fat, 8 g saturated fat**

Traditional serving: 391 calories, 33 g protein, 9 g carbohydrates, 25 g fat, 9 g saturated fat, 66 mg cholesterol, 2 g fiber, 315 mg sodium



Whisk the soy sauce, sake, lime juice, honey, sesame oil, ginger, garlic, and curry powder in a medium resealable container.

Place the chicken breasts between two sheets of plastic wrap or wax paper on a flat work surface. Use the flat side of a meat mallet to pound them to an even  $\frac{1}{3}$ -inch thickness. Cut them into 12 relatively even strips. Add the strips to the marinade and stir to coat thoroughly. Seal the container and refrigerate for at least 6 hours or overnight.

Preheat a grill to high heat.

Remove the chicken pieces from the marinade and let the excess drip off. Carefully thread each chicken piece onto a skewer, working the skewer in and out of the meat, through the center of the piece, so that it stays secure during grilling. Discard the remaining marinade. Grill for 2 to 3 minutes per side, or until the chicken is no longer pink inside. Serve immediately with Peanut Dipping Sauce.

## PEANUT DIPPING SAUCE

Olive oil spray

2 garlic cloves, minced (about 1 tablespoon)

2 teaspoons minced onion

3 tablespoons light coconut milk (see page 16)

$\frac{1}{4}$  cup low-sodium chicken broth

2 tablespoons molasses

1 tablespoon light soy sauce

$1\frac{1}{2}$  teaspoons curry powder

$\frac{1}{4}$  teaspoon chili powder

$\frac{1}{4}$  cup reduced-fat peanut butter

Lightly mist a small nonstick saucepan with spray and place it over medium heat. Add the garlic and onion and cook until the garlic and onion begin to soften and become very fragrant, about 2 minutes.

Add the coconut milk, broth, molasses, soy sauce, curry powder, and chili powder. Slowly bring to a boil, then lower the heat and simmer, stirring occasionally, until slightly thickened, about 5 minutes.

Remove from the heat. Slowly whisk in the peanut butter until well incorporated. Transfer to a serving bowl.

Makes a scant  $\frac{3}{4}$  cup

Each tablespoon has: 47 calories, 2 g protein, 6 g carbohydrates, 2 g fat, <1 g saturated fat, 0 mg cholesterol, trace fiber, 98 mg sodium