



THAI CHICKEN SKEWERS

By Dr. Cindy Tanzar
(Standard/Maintenance)

Asian-inspired food is a favorite, whether on a healthy eating plan or not. The flavors and seasonings add so much variety and enjoyment to our menus. Marinating the chicken makes the meat juicier and more flavorful – the longer, the better. This recipe is adapted from ketodietapp.com, and is very simple to make. If you don't have skewers, just mix the chicken and veggies together, place it on a tray and grill or bake in the oven. You can also change the vegetables to add even more variety.

This recipe makes 4 servings (2 skewers each serving). One serving covers your protein, vegetables and fat for one meal.



INGREDIENTS

- 1 lb. chicken breasts, medium-large cubes
- 2 heaping Tbsp Thai red or green curry paste (Thai Kitchen or brand without preservatives or sugars)
- 1/3 cup canned coconut milk (make sure it is well blended)



1 Tbsp fresh lime or lemon juice
One bunch of fresh cilantro, chopped (can omit)
Pink Himalayan salt & freshly-ground pepper, to taste
2 large red bell peppers, trimmed and cut into bite-size
3 small zucchinis, sliced into 1/2 inch pieces
1 medium red, yellow or Vidalia onion, cut into wedges
4 Tbsp extra virgin coconut or avocado oil
2 Tbsp extra virgin olive or avocado oil

INSTRUCTIONS

Place the cubed chicken, curry paste, coconut milk, lime juice, salt & pepper into a glass/ceramic bowl and mix. Add chopped cilantro and mix well. Cover and refrigerate for at least 30 minutes or overnight before cooking (the longer the better).

After marinating, remove the chicken from the refrigerator and allow to come to room temperature.

Line a baking tray with foil and place a rack on top. Divide the chicken and vegetables and thread onto the metal or soaked wooden skewers – using 8 skewers.

Mix the leftover marinade with 4 Tablespoons of virgin coconut or avocado oil and brush the skewers on both sides

Preheat the broiler to high and broil for 10-15 minutes until vegetables are crisp-tender and the chicken is cooked through. Turn halfway through broiling. (Ensure the tray isn't too close to the top of the broiler to prevent excessive charring.) Remove from the oven and let cool down for 5 minutes.

Serve hot, drizzled with the remaining 2 Tbs. olive or avocado oil.

OPTION

You can also grill the skewers instead of broiling – being sure to turn them during grilling.