

## **Yakitori Chicken**

(Japanese Chicken Skewer)

### **INGREDIENTS:**

1 lb. boneless skinless Chicken Thighs cut into 1 inch pieces  
12 Scallions  
1/2 cup low sodium Soy Sauce  
1/2 cup Mirin  
1/4 cup Water  
1 tsp. Garlic, minced  
1 tsp. Ginger, grated  
2 tsp. Coconut Palm Sugar  
1 tbsp. Sesame Seeds for garnish

### **INSTRUCTIONS**

In a saucepan, mix together the soy sauce, mirin, water, garlic, ginger, and coconut palm sugar. Bring to boil and cook for 8-10 minutes until it thickens into a glaze.

Thread the chicken and scallions onto soaked wooden skewers.  
Heat a grill pan to medium high heat.

Place the skewers on the grill pan and cook for 4-5 minutes. Flip over and cook for another 4-5 minutes until cooked through. Immediately brush with sauce and place back on the grill pan for 1 minute, being very careful they don't burn.

Per Serving:

Total Fat 4g

Cholesterol 99mg

Total Carbohydrate 13g

Sugars 5g

Protein 26g