

Orange-Honey Grilled Chicken Strips (for 3-6)

Recipe Cookbook: Fabulous Food Associations

Chapter: Sunkist Growers

Prep Time: 10 minutes

Cooking Time: 35 minutes

INGREDIENTS:

1-1 1/2 lbs boneless skinless chicken breast halves, 4-6 halves
2 TBS margarine, or butter, softened
2 TBS finely chopped scallions
2 TBS fresh orange juice
2 TBS chopped cilantro leaves
1 TBS honey
1-2 TBS grated orange zest, from 1/2 orange

DIRECTIONS:

Cut each chicken breast half into 3 lengthwise strips. Thread 3 strips, accordion-style, on each of 4-6 long metal or wooden skewers. (If using wooden skewers, soak them for at least 20 minutes in cold water before using to prevent scorching on the grill)

To make the basting sauce, in small bowl, stir together the margarine or butter, scallions, orange juice, cilantro, honey, and orange zest.

Brush about half of basting sauce on the chicken, covering each strip well. Set aside to marinate for about 15 minutes. If you have to let the chicken marinate for longer, refrigerate it. Do not leave it at room temperature for longer than 15 minutes.

Prepare a charcoal (or gas) grill until the coals are medium hot.

Grill 4-6 inches from the coals for about 15 minutes, turning several times, till chicken is cooked through but still moist. Baste several times with the remaining sauce. Stop basting about 5 minutes before done.

Remove chicken from grill & serve immediately. (Do not serve any remaining basting sauce with the chicken)