
Marinated Chicken Breast Skewers

*Chef Albert Rocuant - Mr. Hors D'Oeuvre Restaurant - Sarasota, FL
Sarasota's Chef Du Jour - 1992*

1 large (one pound) chicken breast, diced large
1/2 cup teriyaki sauce
1/2 cup apple cider
1 teaspoon oregano
3 teaspoons garlic, minced
salt (to taste)
pepper (to taste)
onion, cut into one-inch dice
green pepper, cut into one-inch chunks

In a bowl, combine the Teriyaki sauce, apple cider, oregano, garlic, salt and pepper. Mix well.

Place the chicken in the bowl with the marinade sauce. Marinate for two hours.

Place the chicken pieces alternated with onion and pepper chunks on four-inch bamboo skewers.

Bake at 350 degrees for 10 minutes.

Yield: 20 skewers

Appetizers, Chicken

Per Serving (excluding unknown items): 695 Calories; 27g Fat (35.5% calories from fat); 70g Protein; 41g Carbohydrate; 1g Dietary Fiber; 186mg Cholesterol; 5708mg Sodium. Exchanges: 0 Grain(Starch); 8 1/2 Lean Meat; 5 Vegetable; 1 Fruit; 0 Fat.