

Bacon-Barbecue Chicken Kabobs

Southern Living Best Barbecue Recipes - June 2011

Servings: 4

Preparation Time: 15 minutes

Grill Time:

2/3 cup bottled barbecue sauce

1/3 cup chili sauce

1 1/2 tablespoons Worcestershire sauce

12 (about 1 1/2 pounds) chicken breast tenders

12 wooden skewers

12 bacon slices

Soak the wooden skewers in water for 30 minutes.

In a large shallow dish or zip-top freezer bag, whisk together the barbecue sauce, chili sauce and Worcestershire sauce.

Add the chicken and turn to coat.

Cover or seal and chill for one hour, turning once.

Preheat the grill to 350 to 400 degrees (medium-high) heat.

Microwave the bacon, in two batches, on a microwave-safe plate at HIGH for 1 minute. Let cool for 5 minutes.

Remove the chicken from the marinade. Discard the marinade.

Place one bacon piece on top of each chicken tender.

Thread one bacon-topped chicken tender onto each skewer.

Grill the kabobs, covered with the grill lid, for 5 to 6 minutes on each side or until done.

Per Serving (excluding unknown items): 117 Calories; 9g Fat (72.4% calories from fat); 6g Protein; 2g Carbohydrate; trace Dietary Fiber; 16mg Cholesterol; 363mg Sodium. Exchanges: 1 Lean Meat; 1 1/2 Fat; 0 Other Carbohydrates.