

Chicken Cashew Satay on Lolli-sticks



Sate (sat-ay) is food on a stick, exhibiting the same appeal as popsicles and corn dogs. Not only that, but this skewered meat is cooked over a fire (or in an oven) and served with a peanut dipping sauce. So the flavors are familiar and it's fun to eat. Sate is a national dish of Indonesia – but it's popular throughout Southeast Asia.

CHICKEN CASHEW SATAY ON LOLLI-STICKS

Ingredients

- 1 large chicken breast, cut into 9 chunks
- 1 tsp canola oil
- 1 small garlic clove, crushed
- 1 ½ tbsp smooth peanut butter or cashew nut butter
- 1 tsp reduced salt soy sauce
- ½ tsp honey
- 2 ounces coconut milk mixed with 2 T water

1. Heat the oven to 350F. String the chicken chunks onto 3 lolli sticks, short skewers or toothpicks. Arrange on a tray and cook in the oven for 8-10 mins or until cooked through.
2. Meanwhile, heat the oil in a small saucepan. Add the garlic and cook for one minute. Stir in the nut butter, soy sauce, honey and coconut milk. Warm through.
3. Serve the chicken lolli sticks with a spoonful of dip,
Add brown rice and steamed broccoli and you have a meal.



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