

Ingredients for Betty's Peanut Sauce:

6 tbsp coconut milk (regular or light)
2 tbsp brewed black tea
3 tbsp natural peanut butter (creamy, salted)
½ tsp garlic powder
½ tsp dried basil (or 1 tsp finely chopped fresh basil)
1 tsp honey
1 tsp sesame oil
1 tsp rice vinegar
pinch crushed red pepper flakes
1 tsp Sriracha (Asian Hot Sauce)
3 tsp low sodium soy sauce
2 tsp ultra finely grated or minced fresh ginger

**Ingredients for Betty's Grilled Chicken Satay:**

2 chicken breasts cut into strips
marinade to taste:
2 tbsp soy sauce
1 tsp garlic powder
1 tsp dried basil
½ – 1 tsp cayenne pepper
lime juice from ½ lime
black pepper

BONUS: Make the complete meal, including Betty's Cucumber Salad!

Directions:

1. Make the Peanut Sauce ahead-of-time and allow the flavors to blend together.
2. Peel and grate fresh ginger.
3. In a clean jar with a tight fitting lid combine coconut milk, black tea, natural peanut butter, fresh ginger, soy sauce, sesame oil, honey, rice vinegar, garlic powder, basil, crushed red pepper and Asian hot sauce. Shake well.
4. You can heat the peanut sauce on the grill while you are cooking the satay. Allow to stay on the grill just until heated through. Do not let it “cook” or come to a boil. If you do, it will take on a very different consistency, texture and flavor. You can also “nuke” it in the microwave for a few seconds or so – don’t allow it to “cook.”

5. Soak bamboo skewers in water. This prevents forest fires in the kitchen ;)
6. Wash and prepare chicken breasts removing any hoogly-boogly parts.
7. Cut chicken breasts into strips. Cut the strips in half length-wise.
8. Place chicken strips into a gallon size, plastic, zip-top bag.
9. Add soy sauce, garlic powder, dried basil, cayenne pepper, olive oil, lime juice and black pepper. Seal bag and incorporate. Allow to marinade for at least ½ hour.
10. Be sure to wash your hands after handling raw chicken.
11. Fire up your grill on high!
12. Carefully weave chicken strips on bamboo skewers. Again, be sure to wash your hands after handling raw chicken.
13. Place chicken skewers on grill. Because they are so thin, they cook fast. About 3-4 minutes per side.

Betty likes to wrap the skewers in aluminum foil for a few minutes right after they come off the grill, so they steam a little and get extra juicy ;)

Serve Chicken Satay with peanut sauce and cucumber salad.

But wait, Betty what about the Cucumber Salad?

Stripeel* an English (Burpless, Hothouse) Cucumber and slice thinly. Cut the slices in half. Slice red onion wheels very thin and then slice in half. Drizzle with rice vinegar and allow to marinade about 10 minutes. Betty uses this as a condiment with the Chicken Satay and Peanut sauce, having a little bit of each flavor in every bite!

*Stripeel is a term Betty uses for "stripe-peeling" fruits and vegetables.