

FRUIT COCKTAIL BBQ-GLAZED CHICKEN

Natural sweetened barbecued chicken on skewers. Can swap extra-firm tofu cubes for chicken. BBQ Sauce and Fruit Cocktail Topping can be made in advance. Chicken skewers are delicious paired with steamed brown rice and sauteed snap peas or grilled skewers of bell peppers.

Hint: You'll use 1 (15-ounce) can fruit cocktail in 100% juice for this recipe.

Yield: 4 servings

Serving size: 1 chicken skewer each

INGREDIENTS

Fruit Cocktail BBQ Sauce:

2/3 cup drained canned fruit cocktail in 100% juice plus 1/3 cup of the fruit cocktail liquid
1/2 cup unsweetened ketchup
2 tablespoons white wine vinegar
1 tablespoon Dijon mustard
1 teaspoon smoked paprika
3/4 teaspoon freshly ground black pepper
1/4 teaspoon sea salt
1/8 teaspoon cayenne pepper (optional)

Fruit Cocktail Topping:

1 tablespoon sunflower seed oil
1 teaspoon white wine vinegar
1/8 teaspoon sea salt
1/8 teaspoon freshly ground black pepper
2/3 cup drained canned fruit cocktail in 100% juice
1 tablespoon chopped fresh cilantro

Chicken Skewers:

1 pound boneless skinless chicken thighs, cut into 1 1/2-inch cubes
1 tablespoon sunflower seed oil
1/8 teaspoon sea salt

INSTRUCTIONS

- ♦ Make the sauce: Add all Fruit Cocktail BBQ Sauce ingredients to a blender; cover and puree. Pour into a small saucepan and bring to a simmer (slightly bubbling) over medium. Reduce heat to medium-low and simmer uncovered until desired consistency, about 8 minutes, stirring occasionally. Adjust seasoning. Set aside. Or refrigerate in a jar for up to one week. Makes 1 1/3 cups. (Note: You'll have extra sauce!)
- ♦ Preheat a grill or grill pan over medium-high.
- ♦ Make the topping: In a small bowl, whisk together the oil, vinegar, salt, and pepper. Add the fruit cocktail and cilantro and stir to combine; set aside. Makes 2/3 cup.
- ♦ Make the skewers: Insert chicken onto 4 metal or water-soaked bamboo skewers (7 inches or longer). Brush chicken with the oil and sprinkle with the salt. Grill the chicken skewers until grill marks form and well done, about 10 minutes. Slather with 1/2 cup of the Fruit Cocktail BBQ Sauce and continue grilling until rich grill marks form, about 3 minutes more.
- ♦ For serving: Transfer the BBQ chicken skewers to a platter and lightly brush with about 1 to 2 tablespoons of the remaining Fruit Cocktail BBQ Sauce, if desired. Sprinkle with the Fruit Cocktail Topping and serve.

