

SWEET & SMOKY CHICKEN SKEWERS

Gluten Free • Dairy Free • Delicious

One of the good things borne out of the summer of 2020, these skewers quickly became an instant family favorite. Brown sugar, smoked paprika, garlic and mustard make these chicken skewers top 9 allergen free--and as beautiful as they are delicious.

Ingredients

- 2 1/2 pounds chicken (thigh or breast meat), cut into 2" pieces
- 1/4 cup prepared mustard (like French's) (or up to 1/2 cup mustard, depending on how "mustardy" you like your chicken)
- 1/2 cup Sweet & Smoky Seasoning Blend (recipe below)
- 2 Tablespoons olive oil
- 24 bamboo skewers

SWEET & SMOKY SEASONING BLEND

- 1/2 cup light brown sugar
- 4 teaspoons onion powder
- 4 teaspoons smoked paprika
- 2 teaspoons garlic powder
- 2 teaspoons fine sea salt
- 1 teaspoon ground black pepper

Notes

1. Soak skewers in water before using them. This will help prevent them from burning on the grill.
2. Omit the mustard if desired. Coat the chicken pieces in olive oil, then toss them in the seasoning blend. Proceed with grilling as directed.

Method

1. Soak skewers in water. Cover completely and let them sit submerged for an hour prior to using them.
2. Cut chicken into 2" pieces. Pile them into a large bowl and set aside.
3. Whisk together mustard, seasoning blend and olive oil: pour the mixture on top of the prepared chicken and stir to coat completely.
4. Remove the skewers from the water and fill them up with chicken. Be prepared: it's messy work, but that's ok--it'll taste delish when you're done. Pierce the chicken in the middlemost part of each piece. Add 6-8 pieces per skewer.
5. Sprinkle the chicken-filled skewers with additional seasoning blend (1-2 teaspoons more per skewer).
6. Grill immediately, or refrigerate until ready to cook (up to 24 hours max).
7. Heat the grill to high to quickly develop color and flavor. They cook quickly!
8. Clean the grill as normal, then lightly oil the surface (use a little bit of neutral oil on a paper towel, gently wiped across the grates using long tongs will do the trick).
9. Place the skewers on the grill, leaving about an inch between them.
10. Cook for 4-6 minutes per side, or until internal temperature reaches 165 degrees Fahrenheit.
11. Remove from the heat and tent with aluminum foil to let them rest until ready to serve.

