

CHICKEN SKEWERS

Serves 6

- 1/3 cup molasses
- 1/3 cup red wine vinegar
- 5 tbsp. Worcestershire sauce
- 2 tbsp. olive oil
- 2 tbsp. light brown sugar
- 2 chipotle peppers in adobo sauce, chopped (or 2 tsp. hot sauce)
- 3 lbs. boneless skinless chicken breast or thigh meat, cut lengthwise into 1-in.-wide strips
- 36 to 40 (6-in.) wooden skewers

1. Combine everything except chicken and skewers in a large glass or stainless steel bowl. Whisk to combine. Add chicken strips and toss to coat. Cover and marinate in refrigerator for at least 45 minutes and up to 4 hours.

2. Heat oven to 425°. Remove chicken from marinade (reserving marinade) and thread 1 piece onto each skewer. Arrange skewers on a foil-lined baking sheet in a single layer. Heat reserved marinade and boil for 3 minutes. Let cool.

3. Bake chicken in middle of oven for 10 minutes. Flip skewers and baste with remaining marinade (you don't need to use it all). Bake for about 5 more minutes, until golden brown on both sides.

