

Chipotle Chicken Satay with Grilled Vegetables by EatingWell Magazine

Ingredients

- 1 pound chicken tenders (about 8 tenders)
- 6 tablespoons lime juice, divided
- 3 tablespoons creamy natural peanut butter
- 2 teaspoons finely chopped chipotle pepper in adobo plus 1 Tbsp. adobo
- 1 teaspoon kosher salt, divided
- 2 tablespoons olive oil, divided
- 1 small clove garlic, minced
- Pinch of ground pepper
- 1½ cups sliced carrots (¼-inch)
- 1½ cups sliced zucchini (½-inch)
- 1¼ cups sliced onion (½-inch wedges)
- ¼ cup chopped fresh cilantro
- ½ cup nonfat plain yogurt (optional)
- Lime wedges for serving (optional)

Place chicken in a sealable plastic bag set in a shallow dish.

Whisk 4 Tbsp. lime juice and peanut butter in a small bowl; whisk in chipotle, adobo, and ½ tsp. salt.

Pour the marinade over the chicken, seal, and turn to coat.

Marinate in the refrigerator, turning the bag once or twice, for at least 1 hour or up to 12 hours.

Combine the remaining 2 Tbsp. lime juice and ½ tsp. salt, 1 Tbsp. oil, garlic, and pepper in a screw-top jar. Cover and shake well. Set aside.

When ready to cook, preheat grill to medium.

Divide the chicken among 4 skewers. (Discard marinade.)

Toss carrots, zucchini, and onion in a large bowl with the remaining 1 Tbsp. oil.

Oil the grill rack. Coat a vegetable grill basket with cooking spray, add the vegetables, and place the basket on one side of the grill.

Cover and cook, stirring occasionally, until the vegetables are charred and tender, 8 to 10 minutes.

Meanwhile, place the skewers on the other side of the grill rack and cook, turning once, until the chicken is no longer pink, 6 to 7 minutes.

Arrange the vegetables on a platter and toss with the reserved dressing.

Top with the chicken skewers. Sprinkle with cilantro and serve with yogurt and lime wedges, if desired.