

# Sunsational Chicken Skewers

*with Avocado Sauce*

Submitted by: Lori Welander, Richmond, VA



**4 to 8 Servings**

- 4 **Pilgrim's Pride** boneless, skinless, split chicken breasts (about 1½ to 2 pounds), cut into 1-inch pieces
- 3 tablespoons fresh orange juice
- 1 teaspoon chili powder
- ½ teaspoon cumin
- Salt and freshly ground pepper to taste

Sauce:

- 1 medium avocado, peeled and pitted
- 1 tablespoon chopped fresh cilantro (optional)
- 1-2 cloves garlic
- ¼ cup low fat dairy sour cream
- ¼ cup fresh orange juice
- 2 tablespoons fresh lime juice
- 2 tablespoons red wine vinegar
- ½ cup olive oil
- ¼ cup canola oil
- Salt and freshly ground pepper to taste

Garnish (optional):

- 2 navel oranges, peeled, thinly sliced
- Mixed baby greens
- 1 red onion, cut into thin slices

Place chicken pieces in shallow dish and drizzle with 3 tablespoons orange juice. Combine chili powder, cumin, salt, and pepper in bowl and sprinkle over chicken.

Preheat grill and lightly coat with oil or cooking spray.

Thread chicken pieces on skewers leaving space between each piece. When grill is ready, place filled skewers on prepared grill 4 to 6 inches from source of heat. Cook 10 to 12 minutes or until meat is no longer pink inside. Turn at least once during cooking.

To make sauce, place sauce ingredients in a food processor or blender and process on high speed until smooth and creamy. Place in serving bowl.

To serve, arrange greens, orange slices and onions, separated into rings, on serving platter. Place skewered grilled chicken on top of greens. Serve with sauce.

To serve as appetizer or snack, remove chicken from skewers and place each grilled chicken piece on a decorative toothpick. Place filled toothpicks on top of greens and, if desired, garnish with orange and onion slices. Serve with sauce.