

# Chicken Skewers

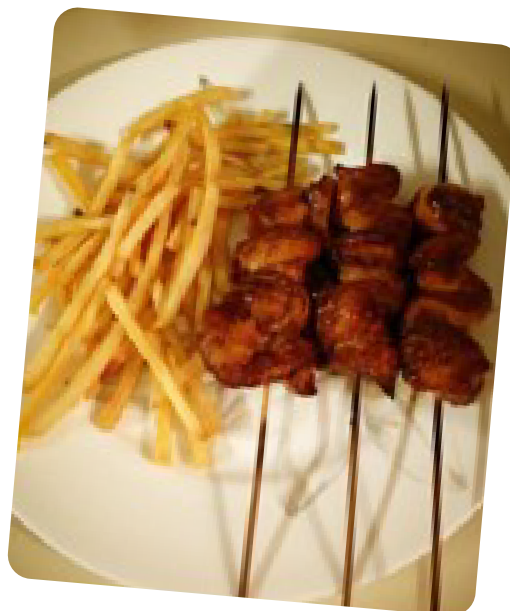
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## Ingredients

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*Bite size pieces of chicken*  
*6 tablespoons ketchup*  
*6 tablespoons of soy sauce*  
*4 tablespoons of brown sugar*  
*2 tablespoons vinegar*  
*4 tablespoons oil*  
*3 tablespoons of onion powder*  
*3 teaspoons of garlic powder*



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## Method

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- 1. Cut chicken up into bite size pieces and marinade in sauce for 1 hour or overnight.*
- 2. Preheat broiler on low, lay skewers flat on a cookie sheet.*
- 3. Broil for 8 minutes on one side and 7-8 on the other side.*

*Note: If using wooden skewers, soaking the skewers in water overnight will help prevent them from charring in the oven.*

