

## Easy Sticky Chicken Kabobs

- 2 pounds boneless skinless chicken – cut into cubes (The smaller they are the faster they will cook)
- 2 tablespoons oil
- ¼ cup minced onion
- 8 cloves garlic, minced
- ½ cup brown sugar
- ½ cup low sodium, soy sauce
- ¾ cup ketchup
- 1 tablespoon sesame oil
- 2 tablespoons apple cider vinegar
- ½ teaspoon ground ginger
- ¼ teaspoon red pepper flakes, optional for extra heat

### Instructions

1. Heat oil in a medium saucepan. Add onions and saute until soft and translucent.
2. Add garlic and saute until fragrant, about 1 minute. (Be careful not to burn them.)
3. Add remaining ingredients and simmer for 6-7 minutes.
4. Remove from heat and cool sauce completely.
5. Place chicken in a plastic container with a lid and pour about ¾ of the sauce over chicken; reserve remaining sauce for basting.
6. Refrigerate for at least 4 hours to overnight.
7. Remove chicken from marinade and throw marinade away.
8. Thread chicken onto the skewers.
9. Preheat grill to medium-high. Then place chicken on the grill and grill until well browned on one side, about 5 – 7 minutes.
10. Turn chicken and baste with sauce.
11. Grill another 5 to 7 minutes. Turn and baste again.
12. Continue grilling until well caramelized and the internal temperature reaches 160 degrees.

Optional – you can serve the chicken kabobs with reserved sauce.