

# Korean BBQ Sauce with Chicken

## Plymouth-Canton Ed. Park



### Ingredients

1.5 Tbsp. low sodium soy sauce  
3 Tbsp. brown sugar  
2 cloves garlic, minced  
1 tsp. rice vinegar  
½ tsp. garlic chili sauce  
¼ tsp. grated fresh ginger root  
¼ tsp. toasted sesame oil  
¼ tsp. black pepper  
1 tsp. tamarind concentrate  
1 tsp. cornstarch  
2 tsp. water, cold  
7 oz boneless, skinless chicken breast, sliced into bite size.  
6 oz. seedless grapes  
1 tsp. canola oil

### Directions

Combine the first 9 ingredients in a sauce pan, bring mixture to a boil. Combine water and cornstarch in a small bowl and then whisk into the sauce. Bring sauce back to a boil to thicken.

In a sauté pan heat the canola oil, add chicken and cook until cooked through, at least 165 degrees.

Toss with the grapes and half the BBQ sauce.

\*Serve with waffles, rice or pasta.

\*Finish with chopped pineapple, cucumber, carrots and peapods (or any combination you have) tossed in a bit of olive oil and lime zest.

Serve with white wheat waffles.

### Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

### Servings 2

133

4g

1g

42mg

312mg

14g

.1g

13g