



REAL BALANCED · TONIGHT'S DINNER

chipotle chicken skewers

PREP 15 MIN · COOK 15 MIN · TOTAL 30 MIN · SERVES 8

Chipotle Chicken Skewers are everything you want from a grilled dinner — juicy chicken thighs coated in a sweet, smoky chipotle BBQ sauce with just the right amount of heat, all done in about 30 minutes. The sauce comes together in a blender with a handful of

INGREDIENTS

- ☐ 2/3 cup smoky BBQ sauce
- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon smoked paprika
- ☐ 1 tablespoon lime juice
- ☐ 1 chipotle pepper in adobo sauce
- ☐ 1 tablespoon sauce from the chipotle pepper in adobo sauce can
- ☐ 3 tablespoons brown sugar
- ☐ 2 pounds chicken thighs, cut into 1-inch cubes
- ☐ 2 tablespoons canola or vegetable oil
- ☐ 2 teaspoons kosher salt
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon onion powder
- ☐ ½ teaspoon coarse ground pepper

MAKE IT

1. Start by blending all of the 2/3 cup smoky BBQ sauce, 1 teaspoon chili powder, 1 teaspoon smoked paprika, 1 tablespoon lime juice, 1 chipotle pepper in adobo sauce, 1 tablespoon sauce from the chipotle pepper in adobo sauce can, and 3 tablespoons brown sugar for sauce ingredients until smooth. Set it aside.
2. Preheat your grill to medium heat.
3. Add the chicken to a large bowl. Drizzle with 2 tablespoons canola or vegetable oil, then season with 2 teaspoons kosher salt, 1 teaspoon garlic powder, 1 teaspoon onion powder, and ½ teaspoon coarse ground pepper. Toss until evenly coated. Add half of the BBQ sauce and mix well. At this point, the chicken can be marinated for up to 24 hours or skewered and grilled right away.
4. Thread the 2 pounds chicken thighs onto skewers.
5. Lightly oil the grill grates, then place the skewers on the grill. Turn every 4–5 minutes so the chicken cooks evenly. Grill until the internal temperature reaches 165°F, about 15 minutes total. During the last few minutes, brush the skewers with some of the remaining sauce.
6. Remove from the grill and finish with chopped cilantro and lime wedges, if using.

PER SERVING 227 calories 22 g protein 15 g carbs 1 g fiber 8 g fat 934 mg sodium

realbalanced

Scan for the full write-up, swaps, step photos, and the comments. Or type
realbalanced.com/recipe/chipotle-chicken-skewers

