



Barbecued Raspberry-Hoisin Chicken Provided by EatingWell.com



Hoisin sauce along with pureed tart raspberries makes a wonderful Chinese-inspired marinade and dipping sauce for grilled chicken. Plan ahead: The chicken thighs benefit from marinating for at least 2 hours before grilling.

• **INGREDIENTS**

- 1 cup fresh or frozen raspberries
- 3/4 cup hoisin sauce, (see Ingredient Note)
- 5 tablespoon rice vinegar, divided
- 1 clove garlic
- 1 strip (2-b orange zest)
- 1 tablespoon chopped fresh ginger
- 1/8 teaspoon freshly ground pepper
- Pinch of crushed red pepper
- 1 1/2 pounds boneless, skinless chicken thighs, trimmed, each cut into 3 crosswise strips
- 2 1/2 cups water
- 1 cup long- or medium-grain brown rice
- 1/3 cup thinly sliced scallion greens, divided

COOKING DIRECTIONS

Step 1: Combine raspberries, hoisin sauce, 3 tablespoons rice vinegar, garlic, orange zest, ginger, pepper and crushed red pepper in a blender or food processor. Blend or process until smooth, about 1 minute. Set aside 1/4 cup for a dipping sauce.

Step 2: Transfer the remaining marinade to a medium bowl and add chicken; stir to coat. Cover and refrigerate for at least 2 hours and up to 24 hours.

Step 3: Combine water and rice in a medium saucepan and bring to a boil. Cover, reduce heat to a simmer and cook until most of the liquid has been absorbed, 40 to 50 minutes. Remove from the heat and let stand, covered, until ready to serve.

Step 4: Preheat grill to medium-high or preheat the broiler to high.

Step 5: Meanwhile, remove the chicken from the marinade, scrape off excess (discard marinade), and thread onto 4 skewers, distributing equally.

Step 6: Grill the chicken until browned and cooked through, 3 to 4 minutes per side. If using the broiler, place the chicken on a broiler pan coated with cooking spray and broil 4 inches from the heat source until cooked through, about 5 minutes per side.

Step 7: Just before serving, sprinkle the rice with the remaining 2 tablespoons vinegar and 1/4 cup scallions; fluff with a fork. Sprinkle the chicken and rice with the remaining scallions. Serve with the reserved dipping sauce.



MAKE AHEAD TIP

Marinate for up to 24 hours before grilling. | Equipment: 4 skewers

RECIPE TIPS

Ingredient Note: Hoisin sauce is a thick, dark brown, spicy-sweet sauce made from soybeans and a complex mix of spices. Look for it in the Asian section of your supermarket.

Serves 4 Prep Time 45 min. Total Time 165 min.

NUTRITION INFO

Per serving

Calories: 398 Carbohydrates: 44g Fat: 11g Protein: 28g Dietary Fiber: 4g Saturated Fat: 3g Monounsaturated Fat: 4g

Cholesterol: 86mg Potassium: 376mg Sodium: 313mg

Exchanges: 2 starch, 1 other carbohydrate, 3 lean meat

Carbohydrate Servings: 3