



# BBQ Chicken Skewers

## Ingredients:

1-2 cups brown sugar BBQ sauce  
1 tbsp mesquite seasoning  
1 lb chicken breast, diced  
chop sticks

## Directions:

Soak chopsticks in cold water for about 30 minutes.

Skewer chicken breast pieces on to chop sticks - about 5-10 pieces.

Sprinkle chicken skewers with mesquite marinate.

Heat grill to medium low heat and allow the grates to warm.

Cook chicken skewers for 3-4 minutes on each side - until they are no longer pink.

Start basting chicken by brushing on a little sauce (about 1 tbsp per skewer), and turn and baste every couple of minutes until the internal temperature reaches 165 degrees. This should take about 10 minutes.

Serve right away.