



Serve Sarah's Pandemic Chicken Skewers with grilled buttermilk white bread and extra pepper sauce for dipping.  
Sarah Nasello / The Forum

## Red Pepper Grilled Chicken Skewers

*Makes: 12 chicken skewers*

### **Ingredients:**

- 1 cup roasted red peppers, jarred or homemade, chopped into pieces
- ½ cup banana peppers, chopped into pieces (I use deli-sliced pepper rings, mild or hot)
- 2 cloves garlic, chopped
- ½ teaspoon dried oregano flakes
- 1 teaspoon Dijon mustard
- 1 tablespoon red wine vinegar
- 2 tablespoons tomato paste
- 1 ½ teaspoons honey
- 6 to 8 large basil leaves, chopped (about 2 to 3 tablespoons, or 1 ½ tablespoons dried basil leaves)
- Pinch of crushed red pepper flakes
- 1 anchovy, finely chopped (or a splash of Worcestershire sauce)

1/3 cup extra-virgin olive oil  
½ teaspoon kosher salt (if using anchovy, taste before adding salt)  
¼ teaspoon freshly ground black pepper  
12 chicken tenders

**Directions:**

In the bowl of a food processor fitted with the blade attachment, add the peppers and garlic and pulse until coarsely chopped, about 6 to 8 times. Add the oregano, Dijon mustard, vinegar, tomato paste, honey, basil, red pepper flakes and anchovy (or Worcestershire sauce) and pulse again until well combined, 6 to 8 times.

Turn the processor on and slowly add the olive oil through the feed tube. Keep processing for another minute until fully emulsified.

Taste and add salt and pepper as desired. Sauce may be made and refrigerated up to 1 week in advance of using. Use as a marinade for chicken or firm, flaky fish and seafood (like shrimp, swordfish, mahi-mahi), or as a dipping sauce for grilled bread, shrimp, kebabs, chips, etc.

To assemble the skewers: Place the chicken tenders in a baking dish and sprinkle the top of each with salt and pepper. Transfer some of the red pepper sauce to a small bowl for dipping, if desired, then pour the remaining sauce over the tenders. Cover the dish and refrigerate for 2 to 4 hours.

If using wooden skewers, soak them in water for 30 minutes before using to prevent burning. Thread each chicken tender with a skewer then place in a baking dish. Before grilling, make sure that the grill is clean, hot and brushed with oil to prevent sticking.

Place the chicken skewers directly on the grill over high heat. Cook for 5 minutes, brushing with more sauce halfway through, and then flip the skewers over and repeat until the chicken is fully cooked and opaque, or until an internal temperature of 165 degrees is achieved.

Place cooked chicken skewers in a clean dish and serve with dipping sauce on the sauce.

*Published May 27, 2020, by The Forum of Fargo-Moorhead / InForum.com*

*"Home with the Lost Italian" is a weekly column written by Sarah Nasello featuring recipes by her husband, Tony Nasello. The couple owned Sarello's in Moorhead and lives in Fargo with their son, Giovanni. Readers can reach them at sarahnasello@gmail.com.*