

## Chicken

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# Jerk Chicken Casserole

Betty Crocker Best-Loved Casseroles

**Servings: 6**

**Preparation Time: 15 minutes**

**Start to Finish Time: 1 hour**

**1 1/4 teaspoons salt**

**3/4 teaspoon ground allspice**

**3/4 teaspoon dried thyme leaves**

**1/2 teaspoon pumpkin pie spice**

**1/4 teaspoon cayenne pepper**

**6 boneless/ skinless chicken thighs**

**1 tablespoon vegetable oil**

**1 can (15 oz) black beans, drained and rinsed**

**1 large (3 cups) sweet potato, peeled and cubed**

**1/4 cup honey**

**1/4 cup lime juice**

**2 teaspoons cornstarch**

**2 medium (2 tbs) green onions, sliced**

Preheat oven to 375 degrees.

Spray an 8-inch square glass baking dish with cooking spray.

In a small bowl, mix salt, allspice, thyme, pumpkin pie spice and cayenne. Rub mixture on all sides of the chicken.

In a 12-inch nonstick skillet, heat oil over medium-high heat. Brown chicken in oil for 2 to 3 minutes on each side.

In the baking dish, layer beans and sweet potatoes. Top with browned chicken.

In a small bowl, mix honey, lime juice and cornstarch; pour into the same skillet. Heat to boiling, stirring constantly. Pour over chicken in baking dish.

Bake, uncovered, for 35 to 45 minutes or until juice of chicken is clear when center of thickest part is cut (at least 165 degrees) and sweet potatoes are tender when pierced with a fork. Sprinkle with onions.

Serve with hot cooked rice, if desired.

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Per Serving (excluding unknown items): 205 Calories; 3g Fat (12.1% calories from fat); 8g Protein; 39g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 450mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates.