
Jerk-Spiced Grilled Chicken

Summer Cookout Cookbook

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TIPS and TRICKS

**** Oil the grates well - chicken is lean, so it can stick.**

**** To check for doneness, insert a thermometer into the center of the meat (away from any bones); it should register 165 degrees.**

**** Let the chicken rest for 5 to 10 minutes before slicing.**

4 small skinless/ boneless chicken breasts

4 scallions

2 thickly sliced red bell peppers

1 sliced cored pineapple

vegetable oil

jerk seasoning

In a large bowl, toss the chicken breasts, scallions, bell peppers and the pineapple with vegetable oil and jerk seasoning.

Grill the chicken on oiled grates over medium heat, turning once, until cooked through, 15 to 18 minutes.

Add the vegetables and pineapple halfway through the cooking cycle.

Yield: 4 chicken breasts

Chicken, Grilled

Per Serving (excluding unknown items): 83 Calories; 1g Fat (4.9% calories from fat); 3g Protein; 20g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 3 Vegetable.