



Northeast Georgia Medical Center

BARIATRIC WEIGHT LOSS CENTER



Jamaican Jerk Chicken

Serves: 8-10

Serving Size: 3oz chicken

Ingredients:

- 8 small chicken thighs, skinless, boneless

Marinade:

- 1 large white onion
- 4 jalapeño peppers, roughly chopped
- 4 garlic cloves, roughly chopped

- 2 tsp fresh ginger
- 1 Tbsp fresh thyme
- 1 Tbsp ground allspice
- ½ tsp ground nutmeg
- ½ tsp ground cinnamon
- 1 Tbsp brown sugar
- ¼ cup olive oil
- ½ cup white vinegar
- ¼ cup reduced sodium soy sauce
- 1 Tbsp salt
- 1 tsp ground black pepper



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Steps:

1. Combine all the marinade ingredients in a food processor and process until it becomes a smooth puree.
2. Place the chicken thighs on a plastic bag or container and pour the marinade until the chicken is completely covered.
3. Let the chicken sit in the marinade for at least 4 hours or overnight.
4. Preheat a grill to 350° F. Cook the chicken for about 10 minutes each side or until the chicken is browned and cooked to an internal temperature of 165°F.

Note: For best flavor cook the chicken on a grill.

Nutrition Facts (per serving):

Calories: 205, Protein: 16g, Fat: 14g, Saturated Fat: 3g, Carbohydrates: 2g, Sugars: 2g,
Sodium: 650mg