

Caribbean Chicken



Skillet Browned Chicken Breast
Marinated and basted with
Pineapple, Lime and Habanero
Pepper Sauce.



Smart Cuisine, Heart, Carb, and
Sodium Smart Recipe.

Nutrition Information: 1 Serving – 5 oz chicken plus
sauce. 220 Cal, 8g total Fat, 1.5g Saturated fat, 0g
Trans fat, 105mg Cholesterol, 120mg Sodium, 3g
Carbs, 0g Fiber, 2g Sugar, 0g added sugar, 32g
Protein.

Ingredients	Instructions
<p>5 Tbsp Pineapple Juice 2 ½ Tbsp Lime Juice 1 Tbsp Corn Oil 3.5 oz Red Onion, diced ¼" ½ oz Green Onion, sliced ⅛" ½ tsp Caribbean Jerk Seasoning ⅔ tsp Thyme - dried leaves 1 tsp Fresh Garlic, minced 1 Tbsp Fresh Parsley, chopped 1.5 tsp Fresh Habanero Peppers, seeded and diced ¼" 20oz Chicken Breasts, Boneless, Skinless, cubed 2" 1 – 2 tsp Vegetable Oil.</p>	<p>Marinade: Combine pineapple juice, lime juice, corn oil, red and green onions, jerk seasoning, thyme, garlic, parsley, and Habanero peppers and mix until well-blended. Pour half the marinade over chicken and toss to evenly coat. Reserve remaining marinade for later use. Hold refrigerated for minimum 30 minutes to marinate. Drain and discard excess marinade. In a skillet, heat vegetable oil, add chicken. Sauté until well-browned. Pour remaining marinade over the chicken. Simmer for 3 minutes or until minimum internal temperature is 165°F. Serve with brown rice and a salad.</p>