

Jerk Chicken Kebabs

by: Angela Ginn, registered dietitian nutritionist

PREP TIME

15 minutes +
2 hours for
marinating

COOK TIME

10 minutes



Watch Angela Ginn make this recipe at homefoodsafety.org/video

INGREDIENTS

Jerk Marinade

- ¼ cup of brown sugar
- 1 cup of orange juice
- ¼ cup extra virgin olive oil
- ¼ cup light soy sauce
- ¼ cup fresh thyme
- 1 tablespoon ground allspice
- 1 tablespoon cinnamon
- 1 tablespoon nutmeg
- 3 cloves garlic
- 2-inch peeled fresh ginger
- 1 teaspoon of lime zest
- ½ of lime, juiced
- Black pepper

Chicken Skewers

- 2 pounds boneless skinless chicken breast
- 1 red onion
- 1 cup of fresh pineapple

DIRECTIONS

1. In a food processor, combine brown sugar, orange juice, olive oil, soy sauce, thyme, allspice, cinnamon, nutmeg, garlic, ginger, lime juice and zest, and pepper. Blend until smooth.
2. Cut chicken into small pieces.
3. Pour mixture from food processor into a covered food-safe container or plastic bag and add chicken. Marinate the chicken for at least 1-2 hours in the refrigerator. Never marinate on the counter.
4. Wash red onion, lime and pineapple.
5. Quarter red onion and cut pineapple into 1 inch chunks. Use a separate cutting board for raw chicken and raw veggies.
6. Skewer a piece of chicken, onion and pineapple, repeat.
7. Heat grill to medium-high.
8. Grill skewer on one side for 5 minutes. Flip and grill the other side until cooked through.
9. Use a food thermometer to make sure chicken reaches 165°F.

“ This recipe with Caribbean spice is easy and nutritious. Add black beans and whole grain brown rice to make the meal complete.”

— Angela Ginn,
registered dietitian nutritionist