

## JERK CHICKEN

Servings: 4

### Ingredients:

1 onion, chopped  
1 TBSP chili pepper, chopped  
3 cloves garlic, minced  
1 green onion, chopped  
1/4 cup orange juice  
1/4 cup teriyaki sauce  
1 TBSP canola oil  
1 TBSP cider vinegar  
1 twp thyme  
1 tsp allspice  
1/4 tsp cinnamon  
1 LB skinless, boneless chicken breast (4, 4 oz. breasts)



### Directions:

In a food processor, puree onion, hot pepper, garlic and green onion.  
Add orange juice, teriyaki sauce, spices and oil.  
Process to mix. Pour marinade over chicken, cover and refrigerate for 2 hours, turning occasionally. Grill, stir-fry (cut into small pieces), or bake until done.

### Approximate nutritional values per serving:

196 calories  
9g carbohydrates  
26g protein  
6g fat (0g saturated fat)  
2g fiber