

Jamaican Jerk Chicken

Fajita



INGREDIENTS:

1 tbs. Ground allspice

1 tbs. Dried thyme

1 1/2 tsp. Cayenne pepper (for cooler taste buds try Chipotle)

1 1/2 tsp. freshly ground black pepper

3/4 tsp. Ground nutmeg

3/4 tsp. Ground cinnamon

2 tbs. Salt

2 tbs. Garlic powder

1 tbs. Sugar

3/4 cup White vinegar

2 cups Pineapple Juice

Juice of 1 lime

1 Scotch bonnet pepper, seeded and finely chopped (use caution when handling)

1 cup Chopped white onion

4 Chicken breasts (6 to 8 oz.) sliced and trimmed of fat

Juice from ½ an orange when on the grill or in the skillet.

Directions:

(Skillet version, this also works on a Grill)

In a large bowl, combine the allspice, thyme, cayenne pepper (chipotle), black pepper, sage, nutmeg, cinnamon, salt, garlic powder and sugar. With a wire whisk, slowly add the, pineapple juice, and lime juice. Add the Scotch bonnet pepper, onion, and green onions and mix well. Add the chicken breasts, cover and marinate for at least 2 hours, longer if possible. Preheat an outdoor grill. Remove the breasts from the marinade and grill for 6 minutes on each side or until fully cooked. While grilling, baste with the marinade. Serve with warm flour tortillas, pineapple, sliced onions and black beans.