



INGREDIENTS

- 1 ½ LBS BONELESS CHICKEN BREAST, SCORED
- 2 TBSP GROUND ALLSPICE
- ¼ CUP HONEY OR STEVIA BROWN SUGAR
- 6 CLOVES GARLIC
- ½ SCOTCH BONNET PEPPER (MORE OR LESS BASED ON SPICE PREFERENCE)
- 1 LARGE YELLOW ONION
- 1 TBSP LOW SODIUM SOY SAUCE (TAMARI IF GLUTEN FREE)
- 1 TBSP DRIED THYME
- ½ TSP NUTMEG
- ½ CUP NO SUGAR ADDED BBQ SAUCE
- 1 ½ BUNCH SCALLIONS (STEMS REMOVED)
- 2 CUPS WATER, DIVIDED
- LOW SODIUM SEASONING AND PEPPER TO TASTE

Jamaican BBQ

4 servings

Cook Time: 20 minutes

Prep Time: 20 minutes

NUTRITIONAL INFORMATION

416 CALORIES

16 GM FAT (5 SATURATED)

36 GM CARB,

3 GM FIBER

18 GM SUGAR

37 GM PROTEIN



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Jamaican BBQ – Recipe

INSTRUCTIONS:

1. ON A PLATE, SEASON CHICKEN BREAST WITH LOW SODIUM SEASONING AND PEPPER.
2. HEAT A PAN OVER MEDIUM HEAT, $\frac{1}{2}$ CUP WATER TO PAN, ADD CHICKEN BREASTS AND COVER WITH LID. COOK CHICKEN FOR 5 MINUTES. ADD REMAINING WATER TO THE SKILLET AND FLIP BREASTS. COOK FOR AN ADDITIONAL 5 MINUTES OR UNTIL DONE.
3. IN THE FOOD PROCESSOR OR BOWL, ALLSPICE, STEVIA BROWN SUGAR OR HONEY, 1 BUNCH SCALLIONS, GARLIC, SCOTCH BONNET PEPPER, ONION, SOY SAUCE, THYME, AND NUTMEG.
4. BLEND ROUGHLY, NOT UNTIL SMOOTH. LEAVE SOME TEXTURE FOR CHARACTER AND BODY!
5. ADD $\frac{1}{4}$ OF THE MARINADE TO A MEDIUM BOWL. ADD THE CHICKEN TO THE SAME BOWL. TOSS TO ENSURE THE MARINADE IS EVENLY DISTRIBUTED ALL OVER THE CHICKEN. ALLOW TO SIT FOR 10 MINUTES.
6. ADD BBQ SAUCE AND THE OTHER HALF MARINADE TO A SAUCEPAN. SIMMER FOR 15-20 MINUTES.
7. ALLOW TO REST FOR 5 MINUTES.
8. SLICE CHICKEN AND SERVE WITH ADDITIONAL SAUCE.



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