

JERK-SPICED CHICKEN BREASTS



DIFFICULTY

EASY



TIME

25 MIN



SERVES

4

INGREDIENTS FOR CHICKEN BREAST

4 each 4-6 ounce boneless Chicken Breasts, skin on or off; wing bone on or off
1 tsp Oil
Salt and Pepper to Season
3 Tbsp Jerk Seasoning (store bought or make your own)

INGREDIENTS FOR JERK SEASONING

1 Tbsp brown sugar
1 1/2 tsp black pepper
2 tsp allspice
1/2 tsp dried thyme leaves
1/2 tsp garlic powder
1/2 tsp cumin
1/2 tsp smoked paprika
1/4 tsp cayenne pepper
1/4 tsp nutmeg

NUTRITION FACTS PER SERVING

Calories: 170 Fat: 7.5g (Saturated Fat: 2g) Carbohydrates: 0g Fiber: 0g Sugar: 0g Protein: 25g

DIRECTIONS

1. Preheat the oven to 350 degrees
2. Heat a medium oven-proof sauté pan on your stovetop to medium high
3. Season both sides of chicken breasts with salt and pepper
4. Add 1 tsp. of oil to pan if you are not using a non-stick pan
5. Place breasts "round" or "presentation side" or "skin side" down.
6. Cook over medium high heat for 3-4 minutes. They will become lightly browned.
7. Turn chicken breasts over. Sprinkle each with 1 Tbsp of rub. Turn off burner and place the pan with chicken into the oven
8. Cook the chicken breast for 2.5 minutes per ounce of chicken. For example, an 8 ounce chicken breast will cook for 20 minutes
9. Let chicken rest for 3-4 minutes before slicing



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