



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Jerk Chicken Breast

Prep Time: 20 mins

Cook Time: 8 mins

Rest Time: 30 mins

Total Time: 28 mins

Ingredients

- 6 chicken, breast, boneless, skinless halves
- 4 teaspoon Jamaican jerk seasoning
- 8 clove(s) garlic, minced
- 2 teaspoon thyme, fresh, or 1/2 teaspoon dried
- 2 teaspoon lemon peel
- 2 tablespoon lemon juice
- cooking spray, olive oil-flavored
- lemon, wedges



Recipe Tip:

Chill 30 minutes to 24 hours.

Preparation

1. Place a chicken breast half between sheets of plastic wrap; pound gently with the flat side of a meat mallet until an even 1/2 inch thickness. Repeat with remaining chicken. In a small bowl, combine jerk seasoning, garlic, thyme, and lemon peel. Brush chicken breasts with lemon juice. Sprinkle garlic mixture evenly over chicken breasts; rub in with your fingers. Place chicken in a resealable plastic bag; seal bag. Chill in the refrigerator for 30 minutes to 24 hours.
2. Lightly coat chicken with olive oil cooking spray or brush lightly with olive oil.
3. Preheat an indoor electric grill. Place chicken on the grill rack. If using a covered grill, close lid. Grill until chicken is tender and no longer pink. (For a covered grill, allow 4 to 5 minutes. For an uncovered grill, allow 8 to 10 minutes, turning once halfway through grilling.)
4. To serve, slice chicken; pass lemon wedges.