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Jerk Chicken Casserole

- 1 1/4 Tsp salt
- 1/2 Tsp pumpkin pie spice
- 3/4 Tsp ground allspice
- 3/4 Tsp dried thyme leaves
- 1/4 Tsp ground red pepper (cayenne)
- 6 Boneless skinless chicken thighs
- 1 Tbsp vegetable oil
- 1 Can (15 oz) black beans, drained, rinsed
- 1 Large sweet potato (1 lb), peeled, cubed (3 cups)
- 1/4 Cup honey
- 1/4 Cup lime juice
- 2 Tsp cornstarch
- 2 Tbsp sliced green onions (2 medium)

- 1) Heat oven to 375°F. Spray 8-inch square (2-quart) baking dish with cooking spray. In small bowl, mix salt, pumpkin pie spice, allspice, thyme and red pepper. Rub mixture on all sides of chicken. In 12-inch nonstick skillet, heat oil over medium-high heat. Cook chicken in oil 2 to 3 minutes per side, until brown.
- 2) In baking dish, layer beans and sweet potato. Top with browned chicken. In small bowl, mix honey, lime juice and cornstarch; add to skillet. Heat to boiling, stirring constantly. Pour over chicken in baking dish.
- 3) Bake 35 to 45 minutes or until juice of chicken is clear when center of thickest part is cut (180°F) and sweet potatoes are fork tender. Sprinkle with green onions.

Makes 6 Servings

