

JERK CHICKEN

Time: 30 minutes plus overnight marinating

Serves: 4

Ingredients:

- 1 teaspoon ground allspice
- 1 teaspoon dried thyme leaves
- 1 teaspoon ground cinnamon
- 1 teaspoon stevia
- ½ teaspoon red chili flakes
- ½ teaspoon kosher salt
- ¼ teaspoon ground nutmeg
- ¼ teaspoon fresh ground black pepper
- 3 cloves garlic – finely chopped or crushed
- 1 tablespoon white vinegar
- 1 tablespoon fresh lime juice
- 1 tablespoon extra virgin olive oil
- 8 boneless-skinless chicken thighs

Preparation:

In a small bowl, combine all ingredients with the exception of the chicken thighs.

Place the thighs in a heavy zipper seal bag then pour in the marinade. Mix the thighs around to coat evenly with the marinade. Remove as much air as possible from the bag, seal and refrigerate overnight.

Preheat your barbecue grill on medium. Grill the chicken thighs for five minutes on each side or until the internal temperature reaches 180F.

Remove from heat and let rest a few minutes before serving.

Nutritional Information Per Serving:

- Calories: 194
- Fat: 9g
- Carbs: 0g
- Fibre: 0g
- Protein: 27g