

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
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**Ena's Jamaican Jerk Chicken with Coconut Turned Cornmeal - Serves 4
Recipe by Ena McBean, Cancer Survivor!**

This hot and spicy chicken is a Caribbean staple is often served with turned cornmeal (also known as "Tun" cornmeal or "Coo Coo"), which is similar to Italian polenta.

For Jamaican Jerk Chicken:

1 Whole chicken, cut into pieces
1 lime, halved
Jerk Rub seasoning, see recipe below

Jerk Rub Seasoning

½ cup diced red onion
2-3 scallions, chopped
1 tablespoon brown sugar
1 tablespoon minced garlic
1 ½ teaspoon dried thyme **or** 1 tablespoon fresh thyme
1 ½ teaspoon ground allspice
1 teaspoon ground cinnamon
½ teaspoon salt
½ teaspoon ground nutmeg
1-2 scotch bonnet peppers **or** 1-2 teaspoons crushed red pepper flakes
1 tablespoon canola **or** olive oil
3 tablespoons catsup

Directions:

1. Rub the chicken with lime from half juiced lime.
2. Put all Jerk Rub Seasoning ingredients into a food processor. Mix on high for 15 pulses. Alternatively, you can macerate ingredients with a mortar and pestle until it forms a paste.
3. Rub jerk seasoning over chicken halves. Marinate in the refrigerator for 2 hours or overnight.
4. Preheat barbeque grill to medium-low heat. Grill the chicken for about 45 minutes, turning often for even browning. Alternatively, you can bake chicken in oven heated to 375° degrees for 45 minutes. Cook chicken to an internal temperature of 165° degrees. Brush with catsup and bake 5 more minutes.
5. Serve with lime wedges and Coconut Turned Cornmeal.

Nutrition Information per serving: 260 calories; 33g protein; 2g carbohydrate; 1g fiber; 12g fat; 4g saturated fat; 110g cholesterol; 419g sodium.

For Coconut Turned Cornmeal:

1 tablespoon oil
1/2 cup chopped red bell pepper **or** diced tomato **or** okra
¼ cup chopped onion
1 teaspoon minced garlic
2 stalks scallion, chopped
1 (15-ounce) can lite coconut milk
½ cup water (and more if necessary)
1 cup cornmeal
1/4 teaspoon salt
¼ teaspoon ground pepper

Directions:

Heat oil in a medium saucepan; add red pepper, onion, garlic and scallion, saute for 2-3 minutes. Add coconut milk and water. Bring to a boil then stir in cornmeal, salt and pepper. Simmer for 15-20 minutes until thick. If cornmeal becomes too thick, thin out with a few tablespoons of water.

Nutrition Information per serving: 166 calories; 2g protein; 25 g carbohydrate; 6 g fiber; 6g fat; 3g saturated fat; 0g cholesterol; 186mg sodium