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 375º degrees for 45 minutes. Cook chicken to an internal temperature of 165º 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