



Pineapple Jerk Chicken



Entire recipe: 299 calories, 3.5g total fat (0.5g sat. fat), 728mg sodium, 32g carbs, 2g fiber, 22.5g sugars, 33g protein

Prep: 10 minutes **Cook:** 25 minutes

Marinate: 1 hour

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Ingredients

3 tbsp. orange juice
1 1/2 tsp. jerk seasoning mix
One 5-oz. raw boneless skinless chicken breast cutlet
1/2 cup chopped sweet onion
1/2 cup canned crushed pineapple packed in juice, lightly drained

Seasonings:

1/8 tsp. cayenne pepper
Dash salt

Directions

In a sealable container or bag, combine orange juice, jerk seasoning, and cayenne pepper. Mix thoroughly. Season chicken with salt, and add to the container/bag. Flip to coat. Seal, and refrigerate for 1 hour.

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

Place onion on the center of the foil. Top with chicken and orange juice mixture, followed by the pineapple.

Cover with another large piece of foil. Fold together and seal all four edges of the foil pieces, forming a well-sealed packet.

Bake for 25 minutes, or until chicken is cooked through and onion is tender.

Cut packet to release steam before opening entirely.

MAKES 1 SERVING

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