

Jerk Chicken Thighs

Ingredients

- 3/4 tsp ground cinnamon
- 3/4 tsp ground allspice
- 1/2 tsp garlic salt
- 1/4 tsp dried thyme
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 1/8 tsp cayenne pepper
- 1 tbsp fresh lime juice
- 1 lb skinless chicken thighs (about 6)

Instructions

Serves: 4

Rating: Awesome

In a small bowl, combine first 7 ingredients with the lime juice. Mix to a paste. Brush all sides of the chicken with the seasoning paste; set aside for 10 minutes to allow flavors to blend. Grill for 10 minutes; flip and grill until cooked through, about 6 minutes.

Summary

Yield: 4

Source: Priscilla (adapted from Weight Watchers)

Prep Time: 20 minutes

Category: Poultry