

Meal Kit List

Week 3: Jamaican Jerk Chicken

Fruit:

- no fruits this week

Vegetables:

- 1 pound fresh green beans
\$1.99 per pound

Protein:

- 2 pounds chicken breast
\$1.99 per pound

Dairy:

- 2 cans light unsweetened
coconut milk
\$1.99 per 13.5 ounce can

Grains:

- Jasmine dry rice
\$0.99 per bag per 16 ounce
bag

Herbs & Spices:

- Jamaican jerk seasoning
\$4.99 each (\$0.50 per ounce)


Healthy Options
at Home

COOKING FOR SUCCESS

Grocery cost: \$15.93

Recipe cost: \$10.52

Cost per meal: \$1.75

*prices found at your local Wegmans store

Jamaican Jerk Chicken

Week 3 recipe by:



BALANCEDBODY



Ingredients:

- 2 pounds chicken breast
- 1 packet Jerk seasoning
- 2 cups green beans
- 4 cups water
- 3/4 cup dry Jasmine rice
- 3 cups light coconut milk, unsweetened

*substitute with water if have allergy to coconut

Directions:

1. Coat chicken breast with Jerk seasoning dry rub and let rest for 30 minutes.
2. Bake chicken in oven at 350F for 25 minutes or until internal temp reaches 165F.
3. Bring water to a boil in a large pot, add green beans and cook for 3 minutes.
4. In a separate saucepan bring coconut milk and rice to a boil, reduce to a simmer, cover and cook for about 20 minutes.
5. Serve 5 ounces chicken with 1/4 cup green beans and 1/4 cup coconut rice.
6. Enjoy!

Nutrition Facts

6 servings per container

Serving size 5 ounce chicken,
1/4 cup rice and
1/4 cup green
beans

Amount per serving

Calories **350**

% Daily Value*

Total Fat 10g 13%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 110mg 37%

Sodium 110mg 5%

Total Carbohydrate 26g 9%

Dietary Fiber 1g 4%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 36g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 2mg 10%

Potassium 575mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.