

# GRILLED JAMAICAN-STYLE JERK CHICKEN BREAST

Yield: 4 (1 Cutlet with 2 Tbsp. of Sauce)



**TOTAL TIME:** 25 minutes

## INGREDIENTS

- 4 (about 8 oz. each) Wegmans Jamaican-Style Jerk Chicken Breast Cutlets
- 1 jar (8 oz.) Wegmans Jamaican Jerk Finishing Sauce, warmed

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## PREPARATION

Preheat grill on medium-high 10 min.

1. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil.
2. Sear chicken on grill 2–3 min., until it has changed color one-quarter of the way up from bottom. Turn over; sear 2–3 min. Reduce heat to medium; close lid.
2. Cook chicken about 15 min., or until internal temp of chicken reaches 165 degrees; check by inserting thermometer halfway into thickest part of chicken. Transfer chicken to clean platter.
2. Serve with warmed sauce.

## NUTRITION

**Per serving:** Calories: 260; Fat: 4 g; Cholesterol: 140 mg; Carbohydrates: 4 g; Protein: 48 g; Fiber: 0 g; Sodium: 140 mg.

Recipe courtesy of Wegmans