

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)

Grocery cost: \$15.93

Recipe cost: \$10.52

Cost per meal: \$1.75

*prices found at your local Wegmans store


Healthy Options[®]
at Home

COOKING FOR SUCCESS

Jamaican Jerk Chicken

Week 3 recipe by:



BALANCEDBODY



Ingredients:

- 2 pounds chicken breast
- 1 packet Jerk seasoning
- 2 cups green beans
- 1 gallon water (16 cups)
- 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. Grill chicken until internal temperature 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.