**Jerk Chicken**

**Recipe**

*Serves 8-10*

**Chicken**
- 8 chicken breast halves
- 3 tablespoon ground allspice
- 1/4 cup brown sugar
- 1 tablespoon minced ginger
- 1 tablespoon soy sauce
- 1 teaspoon cinnamon
- 6 green onions
- 2 Serrano chilies
- 4 garlic cloves
- 1 lime, zested and juiced
- 1/2 teaspoon salt
- 1 tablespoon grapeseed or olive oil

**Wheat Berries, Kale, & Sweet Potato**
- 4 cups water
- 1 cup wheat berries
- Salt
- 3 pound sweet potatoes, peeled and cut into bite size pieces
- 1 tablespoon olive oil
- 1 red onion, thinly sliced
- 3 garlic cloves, minced
- 1 tablespoon chopped fresh thyme, or 1 teaspoon dried
- 1 tablespoon chopped fresh oregano, or 1 teaspoon dried
- 1 bunch kale, destemmed and chopped
- 1 bunch collard greens, destemmed and chopped

**Directions**
1. In a blender or food processor combine all the chicken ingredients, except chicken.
2. Blend well. Marinate chicken for at least 1 hour or up to 24 hours.
3. To prepare wheat berries, put water and wheat berries in a medium pot and bring to a boil. Reduce the heat to low, cover, and simmer for 45 minutes. The wheat berries should be tender, with a bite.
4. Preheat your oven to 400 degrees. Toss sweet potatoes with cooked wheat berries, olive oil, onion, garlic, thyme and oregano. Roast for 30 minutes.
5. Meanwhile, heat medium skillet over high heat. Add 1 teaspoon olive oil into pan and sear chicken, about 1-2 minutes on each side. Remove from pan and finish cooking all the chicken.
6. Remove sweet potatoes from oven, stir in kale and collard greens.
7. Layer seared chicken over sweet potatoes and kale. Cover with foil and cook for another 10-15 minutes, or until chicken is cooked through, 160 degrees.

**Nutritional Information**

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Vitamins</th>
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</thead>
<tbody>
<tr>
<td>Serving Size: 422 grams</td>
<td>Vitamin A: 100%</td>
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<tr>
<td>Calories 375</td>
<td>Vitamin C: 108%</td>
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<tr>
<td>Calories from fat 54</td>
<td>Calcium: 12%</td>
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<tr>
<td>Total Fat 6.0 grams (9%)</td>
<td>Iron: 11%</td>
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<tr>
<td>Cholesterol 59 mg (20%)</td>
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<tr>
<td>Sodium 422mg (18%)</td>
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<tr>
<td>Total Carbohydrate 54.3 grams (18%)</td>
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<td>Dietary Fiber 7.9 grams (32%)</td>
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<tr>
<td>Sugars 5.0 grams</td>
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<tr>
<td>Protein 25.8 grams</td>
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225 grams ~ 1 cup

% based on Daily Value

*based on a 2,000 calorie diet

Nutrition Grade

A-