

## Spicy Chicken

This recipe has spices that give it a Caribbean flavor. It can be used in chicken salads with lots of dark green leafy vegetables added. The “Red Sunset Salad Dressing” (see Table of Contents) will also add great flavor to this chicken salad. Contributors: Los Angeles Healthy African American Families’ staff and friends taste tested the recipes for CNESINC.org

Amount	Measure	Ingredients	Preparation Method
1	Pound	Chicken breast	Skinned
6	Count	Green onion	Minced
1	Tablespoon	Vegetable oil	
1	Teaspoon	Hot pepper(fresh)	Seeded, finely chopped
1	Teaspoon	Cinnamon	Ground
½	Teaspoon	Nutmeg	Ground
½	Teaspoon	Allspice	Ground
½	Teaspoon	Cloves	Ground
1	Single	Bay leaf	Crumbled
1	Teaspoon	Black pepper	Ground

1. Make the paste: put green onions, hot seasoning pepper, cinnamon, nutmeg, allspice, cloves, bay leaf, vegetable oil, and black pepper into a blender and blend for 30 seconds into a smooth puree.
2. Put the chicken in baking dish and rub with the paste. Cover with plastic wrap and refrigerate for at least 2 hours or overnight.
3. Preheat the broiler to high. Place chicken on broiler pan and cook under the broiler for 7-10 minutes on each side.
4. Transfer to a warmed serving platter, garnish with parsley sprigs or cilantro and serve immediately.

*Yield: Five (5) 3 ounce servings.*

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	135	49mg (2%)	5 g (8%)	< 1g	25 mg (8%)	—

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Do you have recipes that you want us to modify?  
Send it to [Mable@cnesinc.org](mailto:Mable@cnesinc.org)