

## **Jamaican Jerked Chicken**

- ¼ cup minced green onions
- 1 T vegetable oil
- 1 T hot pepper sauce
- 2 tsps ground allspice
- 1 tsp cinnamon
- ½ tsp salt
- ½ tsp nutmeg
- 2 large cloves garlic, minced
- 4 boneless, skinless chicken breasts (about 1 lb)

In a 13" X 9" X 2" baking dish, combine first 8 ingredients. Add chicken, turning to coat with marinade. Cover; refrigerate 30 minutes or overnight.

Grill or broil, 4 – 5 inches from heat for 10 – 12 or until desired doneness.