



JERK CHICKEN

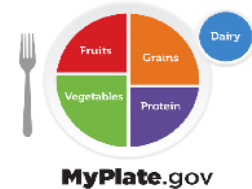


Ingredients:

2lbs Chicken Breast
1.5tsp Allspice
1tsp Red Pepper Flake
2tsp Thyme
6 cloves Garlic, minced
3Tbsp Brown Sugar

1/2tsp Cinnamon
1.5tsp Black Pepper
2tsp Oregano
1/2tsp Salt
1/4 cup Vinegar
1Tbsp Jalapeno, minced

Color your meal!



Directions:

1. In a large bowl with the chicken, combine all ingredients and massage thoroughly. Let marinate in refrigerator for at least one hour, but up to 6 hours.
2. On a grill or a hot oiled skillet, sear the chicken on each side, cooking until the internal temperature reaches 165F.
3. Serve with rice, vegetables, or any of your favorite sides!

Want to apply for SNAP Benefits? Call the number below for assistance!

Mention Gleaners when speaking with your SNAP representative.

F.O.R.
Comida y otros recursos
LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773

 Operado por el Consejo del Banco de Alimentos de Michigan
Food Bank Council of Michigan
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HELPLINE



For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773

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خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

1-888-544-8773

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