

## JAMAICAN GRILLED CHICKEN WITH MANGO SLAW

**4** bone in chicken breasts  
**1 Tbsp** Jamaican jerk seasoning\*  
**1 Tbsp** fresh lime juice

### **Mango Slaw**

**1 clove** garlic, minced  
**¼ cup** light mayonnaise  
**¼ cup** lime juice  
**1** mango  
**4 cups** finely shredded cabbage (green or red)  
**1** large red pepper, seeded and diced  
**1 can** black beans (540mL), drained and rinsed  
**¼** red onion, finely chopped

Remove skin from chicken breasts. Sprinkle each piece with Jamaican jerk seasoning. Preheat barbecue to medium heat. Put chicken on the grill with the bone side down. Close the lid and grill for about 15 minutes. Turn chicken over and continue grilling until a meat thermometer inserted into the thickest piece reads 170F (77C). Remove from the heat and sprinkle with lime juice.

Combine garlic, mayonnaise and lime juice and set aside for the flavours to blend. Peel mango, cut in half and remove the stone. Dice the flesh and put into a large bowl. Add cabbage, red pepper, beans and red onion; toss to blend. Pour in mayonnaise mixture and stir until the cabbage is coated in the dressing. Refrigerate until ready to serve.

Serves 4.

\* Jamaican jerk seasoning is available in the spice section of the store. If you want to make your own blend, combine ½ tsp salt, 2 tsp ground allspice, ½ tsp ground nutmeg, ½ tsp cinnamon, 2 tsp pepper, 4 tsp ground thyme, 2 tsp onion powder, 1 tsp cayenne pepper and 1 Tbsp sugar. Makes about 1/3 cup. Store in a clean spice jar.



Courtesy of Manitoba Chicken Producers  
[www.chicken.mb.ca](http://www.chicken.mb.ca)