

## Grilled Jerk Chicken Taco Filling

Makes 6 servings

**POINTS®** value | 3 per serving

### Ingredients

- Nonstick cooking spray
- 6 medium scallions, chopped
- 1 fresh serrano or jalapeño chile, seeded and quartered
- 2 Tbsp low-sodium soy sauce
- 1 Tbsp cider vinegar
- 1 tsp dried thyme
- 1 tsp sugar
- 1/2 tsp ground allspice
- 1/2 tsp ground cinnamon
- 1/2 tsp freshly ground black pepper
- 1 1/2 pounds boneless skinless chicken breasts

### Instructions

1. To make the wet-rub marinade, place the scallions, chile, soy sauce, vinegar, thyme, sugar, allspice, cinnamon and pepper in a mini food processor or a blender. Cover and process or blend until a grainy paste.
2. Spread the chile marinade over all sides of the chicken in a large baking dish; cover and refrigerate for 4 hours or up to 6 hours
3. Spray the grate of the grill with nonstick spray. Prepare the grill for direct, high-heat cooking.
4. Leaving as much of the marinade on the chicken as will stay, place it on the grill grate and grill, turning once, until an instant-read meat thermometer inserted into the thickest part of one breast registers 165°F, 16 to 18 minutes.
5. Transfer the chicken to a cutting board; let rest for 5 minutes. Slice into thin strips.

- Serving size: 3 ounces.