

Barbados BBQ Chicken, Mango Salsa and Smokey Corn & Black Bean Relish

Servings: 4

Portioning Information: 4 oz Chicken Breast, 2 oz BBQ Sauce, 4 oz Corn & Bean Relish, 3 oz Mango Salsa

Nutritional Information: Calories 437, Fat 9 g, Carbohydrate 32 g, Protein 30 g, Sodium 578 mg, Cholesterol 58 mg

Barbados BBQ Chicken Cooking Procedure and Marinade/Basting Sauce

Lime Juice, Freshly Squeezed- 2 fl oz

Dark Brown Sugar- 2 tsp

Olive Oil- 2 fl oz

Dark Rum (optional)- 2 fl oz

Cilantro Leaves, Finely Chopped- 1 ½ Tbsp

Ginger Root, Fresh, peel & mince- 1 ½ Tbsp

Jalapeno Pepper, Finely Minced- 1 tsp to 2 tsp (add more or less for personal taste)

Nutmeg, Ground- 1 tsp

Allspice, Ground- ¼ tsp

Black Pepper, Ground- ½ tsp

Cinnamon, Ground- ¼ tsp

Kosher Salt- Pinch

-Wisk all ingredients together & use half the quantity to marinate 4 each, 4 oz chicken breasts for 30-45 minutes in refrigerator. Reserve the rest to serve with chicken.

-Preheat a charcoal or gas grill to medium hot (350 deg F) and brush the grates with cooking oil to prevent chicken from sticking.

-Place chicken on the grill at 45-degree angle for 3-4 minutes, rotate the breast 45-degrees, for nice grill marks, and cook another 3-4 minutes. Flip the chicken and brush with marinade. Keep grilling chicken until very firm to touch or 165 deg F internal temperature.

-Serve chicken with 1 fl oz of reserved marinade and accompany by Mango Salsa and Smokey Sweet Corn & Black Bean Relish.

Smokey Corn & Black Bean Relish

Olive Oil- 2 tsp

Red Onion, Medium Dice- 1 oz

Garlic Clove, Minced- ½ tsp

Jalapeno, Minced- ½ tsp
Corn, Fresh Cob, Kernels Cut-off Cob- 8 oz or approx. 2 ears
Black Beans, Canned, Rinsed- 4 oz
Tomato, Roma, De-seeded, Small Dice- 2 oz
Lime Juice, Fresh Squeezed- 1 tsp
Kosher Salt- pinch
Smoked Paprika- ½ tsp
Cumin Seed, Ground- ½ tsp
Black Pepper, Ground- ½ tsp
Cilantro Leaves, Coarse Chop- ½ Tbsp

-Heat oil in sauté pan over medium heat. Add onion, garlic & jalapeno, and corn. Lightly sauté until onions are translucent. Add the rest of the ingredients except cilantro and toss over high heat until mixture is heated. Add cilantro and serve warm.

Mango Salsa

Mango, Ripe, Large Diced- 9 oz
Orange Zest & Juice from ½ an Orange
Red Bell Pepper, Fine Dice- 2 oz
Red Onion, Fine Dice- 1 oz
Jalapeno or Serrano Chiles, Minced- ½ oz
Ginger Root, Fresh, Minced- ½ Tbsp
Lime Juice- 1 tsp
Cilantro or Mint, Fresh Chopped- 1 ½ Tbsp
Kosher Salt- Pinch

-Mix all well, refrigerate for 20 minutes before serving

Resources

Techniques of Healthy Cooking. (2013). In *Techniques of healthy cooking* (4th ed., p. 299). Hoboken, NJ: Wiley.