Jerk Chicken + Pineapple Slaw

Ingredients:
Serves 4

- 3 heads baby bok choy, trimmed and thinly sliced
- 2 cups shredded red cabbage
- ½ of a fresh pineapple, peeled, cored, and chopped
- 2 Tbsp. cider vinegar
- 4 tsp. packed brown sugar
- 2 tsp. all-purpose flour
- 2 tsp. Jamaican jerk seasoning
- 4 skinless. Boneless chicken breast halves (1 to 1 ¼ lb. total)

Cilantro Rice

Ingredients:

- ¾ cup uncooked long whole grain brown rice
- 1 14.5 ounce chicken broth
- 2 cloves minced garlic
- ¼ cup chopped cilantro
- ¼ cup green onion chopped
- Optional: ½ teaspoon finely grated lime peel to garnish
- Optional: ½ seeded, finely chopped jalapeno pepper

DIY Jerk Seasoning

Ingredients:

- 1 tsp. onion powder
- ½ teaspoon brown sugar
- ½ teaspoon crushed red pepper
- ½ teaspoon dried thyme
- ¼ teaspoon salt
- ¼ teaspoon allspice
- ¼ teaspoon ground cinnamon
Directions:
1) \textit{Start the rice first as it takes the longest to cook.} In a large saucepan combine the broth, uncooked brown rice, minced garlic, and if desired jalapeño. Bring the mixture to a boil and reduce heat. Simmer covered for 40-45 minutes or until rice is tender and liquid is absorbed.

2) Start pineapple slaw, in an extra-large bowl combine bok choy, cabbage, and pineapple. In a small bowl stir together vinegar and 2 teaspoons of the brown sugar. Drizzle over bok choy mixture; toss to coat and set aside.

3) In a plastic bag (zip lock Baggies work well) combine the remaining 2 teaspoons brown sugar, the flour, and jerk seasoning. Add chicken to bag. Close the bag; shake to coat.

3) Grease a grill pan or a frying pan. Heat the grill pan over medium heat. Place chicken in pan. Grill or pan fry for 8-12 minutes or until no longer pink (internal heat is 165F), turning once halfway through cooking.

4) Check the rice, and once finished, remove from heat and let stand covered for five minutes. Stir in ¼ cup chopped fresh cilantro and green onion.

Serve Chicken with Pineapple Slaw and Cilantro Rice.

Remix Leftover Ideas:

1) Wrap it up! – Turn this recipe into a handheld meal. Slice the chicken into strips. Arrange the strips and pineapple slaw on a large whole grain wrap or tortilla. Add a handful of greens if you like. Slice the wrap into smaller pieces for a snack or lunch.

2) Pizza- Slice the grilled chicken into strips and top it on a pizza crust (store bought or homemade). Add BBQ sauce, shredded cheese, and chicken slices. Bake the pizza at 375 degrees for 10-15 minutes or until the cheese is melted and bubbly. Top with pineapple slaw and/or fresh chopped cilantro.