



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities®**
Central Ohio

Jerk Chicken Kebabs

This recipe with Caribbean spice is easy and nutritious. Add black beans and whole grain brown rice to make the meal complete.

Active Time: 15 Mins | Total Time: 2 hours | Servings: 8



NUTRITION NOTES

- Lean and versatile, **chicken** is a high-quality source of protein that supports muscle repair, satiety, and immune function. It also provides important nutrients like niacin and selenium, which promote energy production and protect against cellular damage.
- Sweet and tangy, **pineapple** delivers vitamin C and manganese, two nutrients that play a role in collagen formation, bone health, and immune support. Its natural enzymes, like bromelain, may also aid digestion and reduce inflammation.
- Fragrant and bold, **garlic** contains sulfur compounds that may help lower blood pressure, support heart health, and strengthen immune defenses. It also adds depth of flavor while offering antioxidant benefits.
- Bright and zesty, **lime juice** is rich in vitamin C, which helps boost immunity, support collagen production for healthy skin, and improve iron absorption. Its acidity also balances flavors and adds freshness to the dish.

Jerk Chicken Kebabs

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Courtesy of:



INGREDIENTS

Jerk Marinade

- 1/4 cup of brown sugar
- 1 cup of orange juice
- 1/4 cup extra virgin olive oil
- 1/4 cup light soy sauce
- 1/4 cup fresh thyme
- 1 tablespoon ground allspice
- 1 tablespoon cinnamon
- 1 tablespoon nutmeg
- 3 cloves garlic
- 2-inch peeled fresh ginger
- 1 teaspoon of lime zest
- 1/2 of lime, juiced
- Black pepper, to taste

Chicken Skewers

- 2 pounds boneless skinless chicken breast
- 1 red onion
- 1 cup of fresh pineapple

INSTRUCTIONS

1. Place your skewers in a 9 x 13 dish and cover with water. This will prevent the skewer from burning while cooking.
2. In a food processor, combine brown sugar, orange juice, olive oil, soy sauce, thyme, allspice, cinnamon, nutmeg, garlic, ginger, lime juice and zest, and pepper. Blend until smooth.
3. Cut chicken into small pieces.
4. Pour mixture from food processor into a covered food-safe container or plastic bag and add chicken. Marinate the chicken for at least 1-2 hours in the refrigerator. Never marinate on the counter.
5. Wash red onion, lime, and pineapple.
6. Quarter red onion and cut pineapple into 1-inch chunks. Use a separate cutting board for raw chicken and raw veggies.
7. Skewer a piece of chicken, onion, and pineapple, then repeat.
8. Heat grill to medium-high.
9. Grill skewer on one side for 5 minutes. Flip and grill the other side until cooked through.
10. Use a food thermometer to make sure chicken reaches 165°F.

Nutrition Profile: *High-Protein | Nut-Free | Dairy-Free | Immune-Supporting | Heart-Healthy | Rich in Antioxidants | Grill-Friendly | Low-Calorie*

NUTRITION FACTS *(per serving)*

Servings Per Recipe: 8 | Serving Size: 4oz | Calories: 261

- 261 calories
- 10 g fat
- 1 g saturated fat
- 83 mg cholesterol
- 340 mg sodium
- 15 g carbohydrates
- 12 g sugar
- 27 g protein

** Nutrition information is calculated by an OSU Master of Dietetics and Nutrition Student. Recipe sourced from: www.eatright.org*