



Jerk Chicken Casserole

I love spice so when one of our very own, Lynn, aka **Buttrflynet** posted this recipe in our forums I knew I would be borrowing it. Made this for 9 folks for New Year Eve dinner - adults, and kids, LOVED IT! What do you think?

Ingredients:

- 1 ¼ teaspoons sea salt
- ½ teaspoon pumpkin pie spice
- ¾ teaspoon allspice
- ¾ teaspoon thyme
- ¼ teaspoon cayenne pepper
- 6 boneless skinless chicken thighs
- 1 can (15 oz) black beans drained and rinsed
- 3 cups cubed raw sweet potatoes peeled
- ¼ cup honey
- ¼ cup lime juice
- 2 teaspoons cornstarch (or omit and cook down sauce a bit longer)
- 2 tablespoons sliced green onions for garnish

Directions:

1. Heat oven to 375 degrees
2. Spray 8 inch square (2 quart) baking dish with cooking spray
3. In a small bowl combine the salt, pumpkin pie spice, allspice, thyme, cayenne
4. Rub mixture on all sides of the chicken thighs
5. In a 12 inch skillet that you have preheated to medium high and sprayed with cooking spray brown the chicken, about 2-3 minutes per side.
6. Layer beans and sweet potato in baking dish
7. Top with browned chicken
8. In a small bowl mix honey, lime juice and cornstarch and add to skillet. Heat to boiling, stirring constantly. Pour over chicken in baking dish.
9. Bake 35 to 45 minutes until chicken is done (juices run clear when center of thickest part is pierced) and sweet potatoes are fork tender.
10. Sprinkle with green onions and serve.

Nutrition: Makes 6 servings, each with around

- **247 calories and about**
- **22 grams protein.**