

Jerk Chicken and Stuffed Mini Bell Peppers

Cooking Light MAY 2012

- **Yield:** Serves 4 (serving size: 2 thighs and 4 pepper halves)
- **Total:**40 Minutes

Ingredients

- 1/3 cup sliced green onions, divided
- 1/3 cup chopped shallots, divided
- 1 tablespoon brown sugar
- 3 tablespoons fresh lime juice, divided
- 2 tablespoons olive oil
- 1/2 teaspoon ground allspice
- 4 garlic cloves
- 1 large serrano chile, stemmed

- 8 bone-in chicken thighs, skinned
- 1/4 teaspoon salt
- Cooking spray
- 1/3 cup (3 ounces) 1/3-less-fat cream cheese
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons light sour cream
- 8 mini bell peppers

Preparation

1. Preheat grill to medium-high heat. After preheating, reduce one side to low.
2. Combine 1/4 cup green onions, 1/4 cup shallots, sugar, 2 tablespoons juice, oil, allspice, garlic, and serrano in a mini food processor; process until smooth. Combine half of onion mixture and chicken in a medium bowl; toss well. Sprinkle with salt.
3. Place chicken on grill rack coated with cooking spray over medium-high heat. Cover and grill 5 minutes on each side. Move chicken over low heat. Cover and grill 5 minutes on each side or until done. Brush chicken with remaining onion mixture.
4. Combine remaining green onions, remaining shallots, remaining juice, cheese, cilantro, and sour cream. Halve bell peppers lengthwise; discard seeds. Divide cheese mixture evenly among pepper halves. Place peppers on grill rack coated with cooking spray over medium-high heat. Grill 7 minutes or until peppers are lightly charred.

Nutritional Information

Amount per serving

- Calories: 340
- Fat: 17.9g
- Saturated fat: 5.9g

- Monounsaturated fat: 8.8g
- Polyunsaturated fat: 2.2g
- Protein: 30.2g
- Carbohydrate: 14g
- Fiber: 1.6g
- Cholesterol: 132mg
- Iron: 2.1mg
- Sodium: 363mg
- Calcium: 67mg

WW Points Plus: 9

Recipe courtesy of Wellness @ Work, www.uncwellnessatwork.org.