

Jerk Marinade

Ingredients

5 green onions, chopped white and green parts
5 garlic cloves, chopped
3 habanero peppers, deseeded and chopped
¼ cup brown sugar
1 tbsp. fresh thyme, chopped
2 tbsp. ground allspice
1 tsp. fresh grated nutmeg
1 tsp. cinnamon
½ cup white vinegar
¼ cup low sodium soy sauce
¼ cup fresh lime juice
¼ cup fresh orange juice
¼ cup canola oil
6-8 pork chops*
6-8 chicken breasts or chicken thighs*

*Whichever protein you choose

Preparation

Combine all ingredients except for meat and mix thoroughly. Place meat in gallon size resealable bag and add marinade. Place in refrigerator for a few hours or overnight. Remove meat from marinade, discard extra marinade and grill.