



# Noreen's Kitchen

## Jamaican Style Marinade

### Ingredients

1 1/2 teaspoons ground allspice	1 teaspoon cracked black pepper
1/2 teaspoon ground cinnamon	6 green onions, chopped
1 teaspoon onion powder	1 medium sweet onion, chopped
1 teaspoon garlic powder	1/4 cup fresh lime juice
1/4 teaspoon ground nutmeg	1-2 habanero peppers
1 tablespoon fresh ginger, grated	1/2 cup orange juice
1/4 cup extra virgin olive oil	1/2 cup pineapple juice
1 tablespoon salt	6-8 sprigs fresh thyme

### Step by Step Instructions

Place all ingredients into the vessel of a food processor or high speed blender.

Mix well to liquefy.

Pour marinade over chicken pieces and allow to marinate for at least one hour before grilling, baking or broiling.

Brush with additional sauce if desired after chicken is cooked thoroughly.

Discard any unused marinade to avoid cross contamination.

## **Enjoy!**