

# Caribbean Jerk Baked Chicken

Preheat oven to 375 degrees. Lightly grease a 9×13 baking dish. Place the chicken breasts, pepper and pineapple in the dish. In a small dish, combine arrowroot starch, cinnamon, allspice, nutmeg, pepper and salt. Stir in the chopped garlic and lime juice to make a paste. Add honey and coconut amino to make a sauce. If you want a little more kick, add a pinch or two of red pepper flakes to the sauce. Pour the sauce over the chicken, pineapple and peppers. Bake for about 35 minutes (if chicken breasts were halved) and 50-55 minutes for whole breasts. Serve with fresh chopped cilantro.

Try this summery recipe for Jerk Chicken from [MyNaturalFamily.com](https://www.mynaturalfamily.com). It takes only 10 minutes to throw together and is so flavorful you'll look forward to the leftovers for lunch. Enjoy!