

## **Week 2 (9-3-04)**

### **Jammin' Jerk Chicken**

This has wonderful island sweet and spicy flavor and it doesn't require all day to marinate! Simply mix up the paste, apply to chicken for a short time (20 minutes) and then grill or broil.

1 Tbsp. Carribean Jerk Seasoning

1 tsp. thyme leaves

1 tsp. onion powder

¼ tsp. ground all spice

1 Tbsp. orange juice

4 pieces of chicken, skinned

In small bowl combine spices with orange juice to make a paste.

Rub paste on all sides of chicken.

Grill or broil over medium heat until chicken is done (generally 5-10 minutes per side).

### **Potato Salad Without Mayonnaise**

(Makes 6 cups)

1 and ½ pounds red-skinned potatoes

½ cup olive oil

¼ cup spicy brown mustard

3 Tbsp. lemon juice

1 tsp. Oregano leaves

¼ tsp. ground black pepper

2 cups coarsely chopped vegetable

(try different color peppers, celery, red or green onions)

½ cup black olives, halved

¼ cup chopped parsley

Wash and quarter potatoes. Cook in boiling water until tender; drain and cool.

In large bowl combine oil, mustard, lemon juice and seasonings.

Add potatoes and remaining ingredients; mix well.

May be served chilled or at room temperature.

If you have a favorite potato salad recipe, try making it with nonfat yogurt or silk tofu (blend smooth in blender) to reduce the fat and calories.