

# Chicken Calypso with Island Peas and Rice

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## Servings: 6

### CHICKEN CALYPSO

1 3/4 pounds boneless/ skinless  
chicken thighs

1 1/2 teaspoons total seasoning

1/4 teaspoon pepper

olive oil cooking spray

1/4 cup presliced green onions

1/4 cup molasses

3 tablespoons Asian sweet chili sauce

1 tablespoon cilantro herb paste

1 tablespoon juice of one lime

### ISLAND PEAS AND RICE

1 can (13.5 ounce) coconut milk

1 1/2 cups reduced-sodium chicken  
broth

1/4 cup raisins (optional)

1 1/2 teaspoons total seasoning

1 package (10 ounce) yellow rice

1 cup frozen green peas

## Preparation Time: 10 minutes

Preheat the grill.

Prepare the rice: In a medium saucepan, combine the coconut milk, broth, raisins and seasoning. Cover and bring to a boil on high.

Stir the rice mix into the boiling mixture. Cover. Reduce the heat to low. Cook for 22 to 25 minutes (covered, DO NOT STIR) or until most of the liquid is absorbed and the rice is tender.

Stir in the peas. Cover. Cook for 4 to 5 minutes or until the peas are heated.

Fluff the rice with a fork. Set aside.

Prepare the chicken while the rice is cooking: Sprinkle both sides of the chicken with the total seasoning and pepper. Coat with cooking spray. Place the chicken on the grill. Close the lid. Grill for 5 to 6 minutes on each side and until the chicken is 165 degrees.

Squeeze the lime. In a medium bowl, combine the green onions, molasses, chili sauce, cilantro paste and lime juice. Stir in the chicken until evenly coated. Cover the chicken with foil. Let stand for 5 minutes, turning occasionally, until the flavors have blended.

Serve the rice and chicken.

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Per Serving (excluding unknown items): 147 Calories; 10g Fat (55.9% calories from fat); 2g Protein; 15g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 38mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 2 Fat; 1/2 Other Carbohydrates.