**Cooking Healthy, Eating Well**

**Island Jerk Pork**

Prep time: 20 min.  Cook time: 20 min.  Yield: 3

**Ingredients:**

**For Jerk Pork**
- 12 oz. pork loin
- 3 cloves garlic
- 3 stalks of green onion
- 1/2 yellow onions
- 5 sprigs fresh thyme leaves
- 1/2 habanero chili peppers
- 1/2 lime, juiced
- 2 tablespoon olive oil
- 1/2 tablespoon soy sauce
- 1 tablespoon brown sugar
- 1 tablespoon allspice
- 1/2 teaspoon salt
- 1 teaspoon black pepper
- 1/4 cup water

**For Jamaican Rice**
- 1 cloves garlic
- 1 tablespoon olive oil
- 3/4 cup long-grain rice
- 3/4 cup water
- 1/2 cup coconut milk
- 1/2 cup red kidney beans (drained and rinsed)

**For Pineapple Salsa**
- 1/4 pineapple, diced
- 1/2 red bell pepper, diced
- 1 stalk of green onion
- 1/2 lime, juiced

**Procedures:**

1. For the Jerk Pork, cut the meat into pieces, and place it in a large bowl.
2. In a blender, blend the rest of the ingredients for the jerk pork and pour over the meat. Mix well.
3. Let the meat marinade at room temperature while you prepare the Jamaican rice. Then cook on the stovetop until the internal temperature reaches 165°F, or it feels firm to the touch.
4. For the Jamaican rice, add olive oil, minced garlic, and rice into a pot, and cook for 2 – 3 minutes.
5. Then add water, coconut milk, and the red kidney beans, and bring it to a boil. Reduce the heat to the low, cover, and cook for 15 minutes. Turn off the heat, and let it sit for another 5 minutes.
6. For pineapple salsa, dice the pineapple and bell pepper, and slice the green onion. Place them in a bowl, and add a squeeze of lime juice. Serve with a portion of the rice and jerk pork. Enjoy!