

Mango Tango Chicken

Serves 4

A mango is a beta-carotene and vitamin C powerhouse! This recipe is easy enough for a weeknight. The key is to chop and measure all the ingredients first. The rest of the recipe is assemble and heat!

Ingredients:

3 Tablespoons flour
¼ teaspoon salt
¼ teaspoon pepper
1 pound boneless chicken breast
1 Tablespoon minced fresh ginger
1 large garlic clove, minced
1 green onion diced fine
½ cup organic or low sodium chicken broth
½ cup fresh orange juice
½ Tablespoon brown sugar
¾ tsp. cornstarch
1 mango cut into ½ inch dice
2 Tablespoons lime juice
Dash of cayenne pepper (optional)
¼ cup mint or cilantro chopped fine

Directions:

1. In a medium bowl, combine flour, salt and pepper and set aside.
2. Rinse the chicken and pat dry with a paper towel. Slice the chicken into cutlets less than ½ inch thick. (Making the chicken even thicknesses insures that your cooking time will be the same for all the pieces.) Lightly dredge chicken pieces in the flour mixture.
3. Spray a large non-stick skillet with canola cooking spray or grapeseed oil. Place the skillet on the stove top over medium low heat. Saute the chicken in the skillet until cooked through. Remove the chicken from the pan and set aside.
4. Add ginger, garlic and green onion to the pan. Mash with the back of a wooden spoon and cook for 30 seconds to one minute.
5. Add broth to deglaze the pan. Scrape the bottom of the pan with the wooden spoon.
6. In a small bowl, dissolve orange juice, brown sugar and cornstarch together. Add to skillet. Stir and reduce approx. 5 minutes. Stir in mango and cook about 1 minute.
7. Turn heat to low. Stir in lime juice and cayenne (if desired). Return the chicken to the pan and tuck chicken pieces into the sauce. Warm the chicken through and sprinkle with fresh mint or cilantro.

One serving has 250 calories, 5 grams of fat, 20 grams of carbohydrates, 27 grams of protein. Serve with a green vegetable and a whole grain couscous or barley for a complete meal.

Recipe courtesy of Christina Dimacali of Clean Your Plate Personal Chef Service, Philadelphia