

RECIPES

“Brought to you by the Chefs at Cancer Treatment Centers of America”

Chicken with Mango Salsa

Chef Shoop

4 boneless, skinless chicken breast (3 oz each)
1 tbsp extra-virgin olive oil
2 ripe mangoes, diced
½ ripe papaya, diced
1 jalapeño pepper, minced
2 tbsp fresh orange juice
2 tbsp fresh lime juice
2 tbsp red onion, diced
2 tbsp cilantro, diced

Combine mangoes, papaya, jalapeño pepper, orange juice, lime juice, red onion, and cilantro in a bowl. Refrigerate until chilled. Heat 1 tbsp olive oil in skillet. Add chicken. Cook for 3 minutes on each side or until lightly browned. Serve chicken on platter and top with *Mango Salsa*. Add garnish if needed.

Makes 4 servings

Nutrition information per serving: Calories: 249; Total Fat: 6.3g; Saturated Fat: 1.3g; Sodium: 58mg; Carbohydrate: 24g; Fiber: 3g; Protein: 25.6g