



Mango Avocado Chicken



Entire recipe: 340 calories, 8g total fat (2.5g sat. fat), 240mg sodium, 36.5g carbs, 6.5g fiber, 24g sugars, 32g protein

Prep: 10 minutes **Cook:** 15 minutes

Marinate: 30 minutes

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Ingredients

1 1/2 tbsp. balsamic vinegar
1/2 tbsp. honey
One 4.5-oz. raw boneless skinless chicken breast cutlet
1/4 tsp. garlic powder
1/4 tsp. onion powder
Dash each salt and black pepper
1 cup high-fiber veggies (like sugar snap peas, red bell pepper, and/or carrots)
1/4 tsp. salt-free seasoning mix (like [Dash](#))
1/2 cup sliced onion
1/4 cup chopped mango
1/2 tsp. chopped garlic
1 oz. (about 2 tbsp.) chopped avocado

Directions

In a small bowl, combine vinegar, honey, and 1 tbsp. water. Mix until uniform. Transfer to a large sealable bag.

Season chicken with garlic powder, onion powder, salt, and pepper. Add to the bag and seal, removing as much air as possible. Marinate in the fridge for 30 minutes.

In a medium microwave-safe bowl, combine high-fiber veggies with 2 tbsp. water. Microwave for 3 minutes, or until softened. Drain excess water, and sprinkle with salt-free seasoning. Cover to keep warm.

Bring a skillet sprayed with nonstick spray to medium heat. Add chicken, and discard excess marinade. Cook for 5 minutes. Flip chicken, and add onion. Stirring onion occasionally, cook for about 5 more minutes, until chicken is cooked through and blackened and onion has softened.

Add mango and garlic, and cook and stir until hot and fragrant, about 1 minute.

Serve topped with avocado and alongside steamed veggies.

MAKES 1 SERVING

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