



BBQ Chicken & Mango Tacos



1/2 of recipe (2 tacos): 336 calories, 3g total fat (0.5g sat. fat), 712mg sodium, 47g carbs, 4g fiber, 20g sugars, 29g protein

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

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Ingredients

8 oz. raw boneless skinless chicken breast cutlets
1/8 tsp. salt
1/8 tsp. black pepper
1/3 cup chopped mango
1/3 cup chopped red onion
1 jalapeño pepper, seeded and finely chopped
2 tbsp. chopped fresh cilantro, or more for garnish
1 1/2 tsp. seasoned rice vinegar
1/3 cup BBQ sauce with about 45 calories per 2-tbsp. serving
Four 6-inch corn tortillas

Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Season chicken with salt and black pepper. Place chicken in the skillet. Cover and cook for about 4 minutes per side, until cooked through.

Transfer chicken to a bowl. Shred chicken with two forks. Add BBQ sauce, and toss to coat.

In a second bowl, combine mango, onion, jalapeño pepper, cilantro, and vinegar. Mix well.

Microwave tortillas for 15 seconds. Top with BBQ chicken and mango mixture.

MAKES 2 SERVINGS

HG Alternative: Can't stand the heat? Leave out the jalapeño.

Watch how it's done! [Click here](#) for a quick demo now.

Want snazzy taco holders like we have in the video? [Click here](#) to snag your own!

Looking for a fantastic low-calorie BBQ sauce? We love [Stubb's](#)—only 25 calories for 2 tbsp.!

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