

Chicken Tacos with Mango Avocado Salsa

Ingredients:

Yield: 4 servings

- 1 tsp garlic powder
- 1 tsp paprika
- ½ tsp onion powder
- ¼ tsp ground red pepper
- ¾ tsp salt, divided
- 4 (6-ounce) boneless, skinless chicken breast halves
- 1½ tsp olive oil
- ½ cup diced, peeled mango
- ½ cup diced, peeled avocado
- ½ cup chopped tomato
- ⅓ cup chopped onion
- 2 tbsp chopped fresh cilantro
- 2 tbsp fresh lime juice
- 1 tbsp minced jalapeño pepper
- 4 (8-inch) whole wheat tortillas

(continued)

Directions:

1. Heat a nonstick skillet over medium-high heat. Combine first 4 seasonings; stir in $\frac{1}{2}$ tsp salt. Rub over chicken. Add oil to pan; swirl to coat.
2. Add chicken; cook 4 minutes on each side or until done. Remove chicken from pan; let stand 5 minutes. Cut into $\frac{1}{4}$ inch thick slices.
3. While chicken cooks, combine mango and next 6 ingredients; stir in remaining $\frac{1}{4}$ tsp salt.
4. Warm tortillas; top evenly with chicken and salsa.

Nutrition Facts: Per serving / Serving size: 1 taco

Calories: 392 • Fat: 3.9g • Sodium: 711mg

Carbohydrates: 33.1g • Dietary Fiber: 4.5g

Protein: 42.4g

Source: *myrecipes.com*



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