

Mango Cucumber Salsa with Chicken



Chicken Marinade

- 2 Tablespoons **garlic**, minced (4-6 cloves)
- 1/4 cup **mint and cilantro**, minced
- 2 teaspoons **curry powder**
- 3/4 teaspoon **kosher salt**
- 1/2 teaspoon **black pepper**
- 1/4 cup **olive oil**
- 1 pound **skinless, boneless chicken breast**

- 1 Combine ingredients. Marinate chicken 3 hours or overnight.
- 2 Discard marinade, and broil chicken until browned, about 5 minutes. Let rest for 5 minutes before slicing.

Salsa

- 1 **mango**, peeled and diced
- 1/2 cup **cucumber**, seeded and diced
- 1/2 cup **yellow bell pepper**, diced
- 1 **small onion**, chopped
- 1 **jalapeño pepper**, seeded and diced
- 2 **garlic cloves**, minced
- 2 **large tomatoes**, seeded, chopped
- 1 1/2 teaspoons each: **lime zest** and **lime juice**

Combine all ingredients in a bowl and mix. Set aside for 20 minutes to allow flavors to meld. Serve on chicken.

Serves 4

SEASONED COOK

This can be prepared in advance (up until broiling). Consider adding any variety of fresh or frozen fruits for extra color, nutrients, and fiber. For a bold change, serve this dish with black quinoa, shown here.

Per serving: 243 calories,
30g protein,
20g carbohydrate (4g fiber),
5g fat (1g sat, 4g mono/poly),
381mg sodium