

MANGO SALSA CHICKEN OVER RICE

September 16, 2009

Serves: 4 servings, serving size: 1 chicken breast and 1/2 cup brown rice

4 4 oz. boneless, skinless chicken breast
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 teaspoon olive oil
1 tablespoon rice wine vinegar
1 mango, finely diced (1 cup)
1/2 cup finely diced red onion
1 green bell pepper, finely diced
2 cups brown rice, cooked

1. Prepare an indoor or outdoor grill.
2. Season chicken breast with salt and pepper on both sides. Grill chicken breast over medium heat for about 5 minutes on each side or until juices run clear.
3. In a small bowl, whisk olive oil and vinegar. Add remaining ingredients except rice and toss to coat.
4. Pour mango salsa over grilled chicken breasts. Serve each chicken breast over 1/2 cup prepared brown rice.

Nutrition Facts per serving

Exchanges; 1 1/2 starch, 3 very lean meat, 1 vegetable

Calories: 298, calories from fat 46, **Total Fat:** 5g, saturated fat 1g, **Cholesterol:** 68mg, **Sodium:** 358 mg, **Total Carbohydrate:** 34g, dietary fiber 4g, sugars 9g, **Protein:** 28g

CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM



Mary Beth Gurganus, LD/N
Jackson County Health Department
3045 4th Street ~ P O Box 310
Marianna, FL 32446

Phone: 850-526-2412 ext 282
Fax: 850-482-9564
E-mail: WellnessBuddy@doh.state.fl.us
Website: www.jacksonchd.org

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