



Honey Lime Mango Chicken and Jazmin Rice

Ingredients:

- Olive oil
- 3 cloves garlic, chopped
- 1 medium onion, medium dice
- 2 tsp. honey or agave nectar
- 2 large chicken breast, diced
- 2-3 fresh mangos
- Juice and zest of 2 limes
- ½ cup raisins or currents
- 1 tsp. cumin
- Salt and pepper, to taste
- 1 avocado
- 1 red pepper
- Cilantro, chopped

Instructions:

1. Heat a large skillet on medium-high heat and add olive or coconut oil
2. Add in your onions, garlic and red pepper till just warmed through and remove from heat
3. In the same pan, add in your chicken that has been coated with lime juice and zest, cumin, honey, salt and pepper. Heat evenly till the chicken reaches an internal temp of 160.
4. When the chicken is cooked through, add in your Mangos, lime juice, cumin, raisins and cilantro.
5. Mix well and top rice. Garnish with the remaining cilantro.

Nutrition Facts

Amount Per Serving

Calories 360 Calories from Fat 130

% Daily Value *

Total Fat 14g 22%

Saturated Fat 2g 10%

Trans Fat

Cholesterol 75mg 25%

Sodium 1240mg 52%

Potassium 680mg 19%

Total Carbohydrate 35g 12%

Dietary Fiber 3g 12%

Sugars 27g

Protein 27g