

# The Healthy Cook

*This crazy-looking combination of ingredients makes some of the tastiest BBQ chicken that never saw a grill. You'll want leftovers for salads and sandwiches. You can also spoon the Mango Salsa over fish or toss with black beans.*

## Caribbean BBQ Chicken with Mango Salsa



- 8 pitted prunes
- 3 cloves garlic
- ½ cup orange juice
- 3 Tbs. reduced-sodium soy sauce
- 1 tsp. red pepper flakes
- 1 tsp. ground allspice
- 2 lbs. boneless, skinless chicken breasts
- 2 Tbs. canola oil
- Mango Salsa



1. In a blender, purée the prunes, garlic, orange juice, soy sauce, and spices.
2. In a large zipper plastic bag, pound the chicken to an even ½-inch thickness.
3. Pour the prune purée into the bag with the chicken and coat the chicken evenly.
4. In a large non-stick pan, heat the oil over medium heat until shimmering hot. Sauté the chicken in two batches until lightly charred and cooked through, 3-4 minutes per side.
5. Top with the Mango Salsa.

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PER SERVING (3 oz. cooked chicken + ¼ cup salsa): calories 220 | total fat 6 g | sat fat 1 g | carbs 17 g | fiber 2 g  
protein 26 g | sodium 320 mg

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## Mango Salsa

MAKES ABOUT 2 CUPS

- 2 cups chopped mango
- 1 cup chopped cucumber
- 1 cup cherry tomatoes
- ¼ cup cilantro
- 1 jalapeño pepper, seeded and minced
- 2 Tbs. fresh lime juice
- ¼ tsp. kosher salt



Pulse all the ingredients in a food processor until minced.