



Chicken Tacos with Mango-Avocado Salsa

This modified *Cooking Light* recipe brings the heat...and the sweet! You really have to explore the produce section in preparing this meal, seeking out items which most of us don't normally purchase. Let's be honest. How often do we indulge in fresh cilantro, jalapenos, beta-carotene and fiber rich mango or monounsaturated fat-packed avocados? Not frequently enough!!

Ingredients

1 tsp garlic powder	4 (six ounce) skinless, boneless chicken breasts
1 tsp paprika	1 ½ tsp extra virgin olive or canola oil
½ tsp onion powder	½ cup peeled mango, diced
¼ tsp red pepper flakes	½ cup Roma tomato, diced
¼ cup onion, finely chopped	2 TBSP fresh cilantro, rough chop
2 TBSP fresh lime juice	1 tsp fresh jalapeno, minced
¾ tsp salt (divided)	8 (six inch) corn tortilla
½ medium avocado, diced	

Directions

- Heat a nonstick skillet over medium-high heat
- Combine garlic powder, paprika, onion powder, red pepper flakes and ½ tsp of salt
- Rub spices/salt combo over the chicken breasts
- Add oil to the pan and swirl to coat the entire surface
- Add the chicken and cook 4-5 minutes per side or until cooked through
- Remove the chicken and let sit for 5 minutes before cutting into ¼ inch thick slices
- While chicken is cooking, combine mango, avocado, tomato, onion, fresh cilantro, lime juice, jalapeno and remaining ¼ tsp of salt
- Heat corn tortillas according to package directions (oven for more crispy, or microwave for more soft), top with chicken and salsa
- Makes 4 servings

The Data (per serving)

Calories: 380 cal	Carbs: 33 gm	Total Fat: 8 gm
Protein: 44 gm	Fiber: 5 gm	Sat. Fat: 1.5 gm