

## Chicken with Mango Salsa

Serves 4 • Serving Size: 1ch br+ 1/2 cup salsa • Prep Time: 20 min  
Cook Time: 25 min to 26 min

### Ingredients:

#### Chicken

- 4 Boneless skinless chicken breast
- 4 tsp Mrs. Dash® Fiesta Lime Seasoning Blend
- Olive oil

#### Mango Salsa

- 1 large Tomato, diced
- 1 medium Mango, peeled, seeded, diced
- 1/2 small Red Onion, diced
- 2 tsp. Mrs. Dash® Fiesta Lime Seasoning

### Directions:

1. Preheat oven to 350° F. Brush both sides of chicken breast with olive oil. Sprinkle Mrs. Dash® Fiesta Lime Seasoning on both sides.
2. Bake chicken for 25 minutes or until chicken is cooked through.
3. While chicken is baking, dice the tomato, mango, and red onion. Combine with Mrs. Dash® Fiesta Lime and mix in a large bowl, cover and refrigerate.
4. Arrange chicken on serving plates topped with mango salsa.

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### Nutritional Information:

Calories: 190 % of Calories from Fat: 24 % Total Fat: 5 g Saturated Fat: 1 g Unsaturated Fat: 4 g Trans Fat: 0 g  
Cholesterol: 60 mg Sodium: 70 mg Potassium: 470 mg Carbohydrates: 13 g Fiber: 2 g Protein: 24 g