

## Grilled Chicken WITH MANGO BARBECUE SAUCE

**INSTRUCTIONS:** Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!

**ONE:** In a medium saucepan, heat oil on medium. Add onion and ¼ tsp salt and cook, stirring, until softened and lightly browned, 10 to 12 minutes. Stir in tomato, mango, vinegar, ¼ cup water, Sucanat and Dijon. Bring to a boil, then cover and reduce heat to low. Simmer, covered, for 15 minutes, stirring occasionally. Remove from heat and let cool slightly before processing in a blender or mini food processor until smooth. Pour ½ cup mango barbecue sauce into a bowl to brush on chicken while grilling. Reserve remaining sauce to serve at table. (Sauce can be made up to 1 day in advance and stored in a covered container in refrigerator.)

**TWO:** Preheat gas or charcoal grill to medium. Grill chicken for about 15 minutes or until cooked through and no longer pink, flipping once. Brush with mango barbecue sauce during final 5 minutes of cooking. Let chicken rest for 10 minutes before serving. While chicken is resting, reheat remaining sauce. Serve chicken with sauce on the side.

**THREE:** Rinse chicken breasts and pat dry with paper towels. Arrange in a single layer on a tray. Squeeze juice from half of lemon over chicken, then mist lightly with cooking spray. Sprinkle ¼ tsp salt and ¼ tsp pepper evenly over chicken. Flip chicken breasts over and repeat with remaining half of lemon, a mist of cooking spray and remaining ¼ tsp salt and ¼ tsp pepper.

**FOUR:** Grill chicken for about 15 minutes or until

**INSTRUCTIONS:**

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**GRILLED CHICKEN WITH MANGO BARBECUE SAUCE**  
Serves 6. Hands-on time: 1 hour. Total time: 1 hour, 15 minutes.



**INGREDIENTS:**

- 2 tsp olive oil
- 1 red onion, chopped
- ¾ tsp sea salt, divided
- 1 medium tomato, peeled, seeded and chopped
- 1 mango, peeled and cubed
- 2 tbsp plus 1 tsp apple cider vinegar
- 1 tbsp Sucanat
- 2 tsp Dijon mustard
- 6 4-oz boneless, skinless chicken breasts
- 1 lemon, halved
- Olive oil cooking spray
- ½ tsp fresh ground black pepper, divided

**Nutrients per serving (1 chicken breast with 2 tbsp sauce):**

Calories: 186, Total Fat: 3 g, Sat. Fat: 1 g, Carbs: 12 g, Fiber: 1 g, Sugars: 8 g, Protein: 27 g, Sodium: 359 mg, Cholesterol: 66 mg