

Grill It! Marinated Grilled Chicken Chunks & Fresh Mango Slices ~ choose one side item to complete your meal

Marinated Grilled Chicken Chunks

6 servings

- 1-1/2 lb Chicken breast, boneless and skinless, cut into chunks
- 3 Tbsp Honey
- 3 Tbsp Prepared mustard
- 1 tsp Curry powder
- 1 tsp Lime juice



Preheat oven broiler or outdoor grill. In small saucepan, combine honey, mustard, curry powder and lime juice. Heat sauce to medium high for 5 minutes while stirring. Then, remove from heat. Arrange chicken chunks on skewers and brush with sauce. Cook chicken for 8-10 min. or until lightly browned. Turn over, brush with more sauce and cook 8-10 min. longer. Check for doneness.

Skinless, boneless chicken breasts on sale

Fresh limes on sale

Fresh mangoes on sale

Chicken Recipe Nutrition per serving

170 calories; 26 gm protein; 9 gm carbohydrate; 3 gm total fat; 1 gm saturated fat; 67 mg cholesterol; 0 gm fiber; 141 mg sodium

To Make Fresh Mango Slices: Peel the outer skin from the mango and discard it. Slice the inner fruit lengthwise, cutting very close to the long, flat seed. Discard the seed and make slices of the fruit.

Side Items:

1. Onion-Flavored Green Beans or French Green Beans – Affordable, staple ingredient: Lowe's Foods Brand Frozen Green Beans or French Green Beans

To Make: Get out a cutting board and knife and chop up ½ small onion for topping. Cook frozen green beans according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

2. Lightly Sauteed Greens – Affordable, staple ingredient: Fresh greens such as spinach, kale, turnip or mustard

To Make: Get out a cutting board and knife, remove thick stems and chop greens coarsely. If using spinach, then chopping is not necessary. Heat a large skillet with 2 Tbsp oil and then add about 8 cups of greens and stir in hot pan for 2 minutes. Quickly, add 2 cloves of minced or sliced garlic and stir in pan. Dust with salt & pepper to taste.

3. Chile Rice Pot – Affordable, staple ingredients: Lowe's Foods Brand White Rice, Canned Red Kidney Beans, Stewed Diced Tomatoes with Italian Herbs and Frozen Corn

To Make: Place the following ingredients together in a large, shallow microwave dish: 1 cup white rice, 14 oz can stewed diced tomatoes with Italian herbs, 15 oz can red kidney beans (drained and rinsed), 2 cups frozen corn, 1 cup prepared salsa, 1 ½ cups water. Cover and microwave on HIGH for 25-30 minutes or until rice is tender and has absorbed almost all the liquid.

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