



Leigh Beisch

## Grilled Chicken Salad With Avocado and Mango

**Prep Time:** 15 minutes

**Cook Time:** 8 minutes

**Total Time:**

**Yield:** 4 servings (serving size: 1 chicken breast plus 2 cups salad)

### Ingredients

- 2 tablespoons olive oil
- 2 tablespoons fresh lime juice
- 2 tablespoons mango chutney
- 1 tablespoon low-sodium soy sauce
- 3/4 teaspoon grated peeled fresh ginger
- 4 (4-ounce) skinless, boneless chicken-breast halves
- Cooking spray
- 8 cups mixed salad greens
- 1 cup diced peeled mango
- 3/4 cup diced peeled avocado

### Nutritional Information

<b>Calories per serving:</b>	185
<b>Fat per serving:</b>	8g
<b>Saturated fat per serving:</b>	1g
<b>Monounsaturated fat per serving:</b>	4g
<b>Polyunsaturated fat per serving:</b>	1g
<b>Protein per serving:</b>	8g
<b>Carbohydrates per serving:</b>	24g
<b>Fiber per serving:</b>	5g
<b>Cholesterol per serving:</b>	3mg
<b>Iron per serving:</b>	3mg
<b>Sodium per serving:</b>	203mg
<b>Calcium per serving:</b>	112mg

### Good to Know

Who says salads have to be boring? Dress up leafy greens, which are rich in folate and vitamin C, with protein-packed grilled chicken, antioxidant-rich mango and avocados, which are a great source of heart-healthy monounsaturated fats.

### Preparation

1. Prepare grill.
2. Combine oil, juice, chutney, soy sauce, and ginger in a small bowl. Place chicken on large plate; spoon 2 tablespoons oil mixture over chicken, reserving the rest for the salad. Turn chicken to coat, and let stand 5 minutes.
3. Place chicken on grill rack coated with cooking spray; grill 4 minutes on each side or until chicken is done, brushing with oil mixture from plate before turning. Slice chicken crosswise into strips.
4. Arrange greens, mango, and avocado on 4 serving plates. Arrange chicken over greens. Drizzle reserved dressing over salads.

Andrea's Wine Pick: A California Fumd Blanc offers the perfect balance to complement the tangy dressing. Look for Dry Creek from California (\$12) or Hogue from Washington (\$8).--Andrea Immer Robinson