

Caribbean Baked Chicken with Mango

2 jalapeno chile peppers, seeded and chopped
½ onion, chopped
2 – 3 cloves garlic, minced
1 slice peeled fresh ginger, chopped
1 tbs extra virgin olive oil
1 tbs white wine vinegar
1 tsp jerk seasoning
1 tsp ground all-spice
¼ tsp kosher salt
2 - 4 boneless, skinless chicken breast halves
1 mango, peeled and finely chopped
1 tbs fresh cilantro

Nutritional Facts:

Calories = 186

Fat= 5g Sat. Fat = 1g

Protein = 28g Carbs= 6g

Fiber = 1g

Instructions: Preheat oven to 450°F

Coat a 13" x 9 " baking pan with cooking spray.

In a food processor, combine the peppers, onion, garlic, ginger, oil, vinegar, jerk seasoning, all-spice, and salt. Process until very finely chopped, stopping the machine a few times to scrape down the sides of the container.

Spread the jalapeno mixture on both sides of the chicken breasts. Place chicken breasts, skinned side up, in the prepared baking pan.

Bake for 30 minutes, or until thermometer inserted in the thickest portion registers 170°F and juices run clear.

Place chicken on plates and scatter mango on top. Sprinkle with cilantro.

Makes 4 servings

Source: The South Beach Diet Cookbook