



## INGREDIENTS

- 2 Chicken Breasts
- 1 tbsp Lemon Juice
- 1 tbsp Honey
- 1 tbsp Ginger
- ¼ cup Oil
- 1 Tomato
- 4 cups Greens of Choice
- 1 Mango

## DIRECTIONS

1. Preheat oven to 350 F and spray a sheet pan with cooking spray.
2. Lightly season chicken breasts with olive oil, salt, and pepper. Place in oven until fully cooked, around 15-20 minutes.
3. Mix honey, lemon juice, ginger and olive oil in a bowl together, set aside.
4. Chop greens to desired size.
5. Skin and chop mango into small squares.
6. Once chicken is cooked, chop into small squares, place dressing and mango over chicken and enjoy over greens.

### Tips:

Vegetarian? Skip the chicken and add avocado or cashews. Allergic to mango? Try peaches! Add other ingredients like red onion, strawberries, and seeds for more flavor!

## Chicken Mango Salad

*Dairy-Free | Gluten Free | High Protein*

Yield:  
2 Servings

Prep Time:  
15 Min

Cook Time:  
20 Min