



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
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Ginger Mango Chicken

Serves 4 (Serving size 1 packet)

Ingredients:

- 1 lb of boneless, skinless chicken breasts (about 2 small breast halves)
- 1 mango, peeled, pitted and sliced
- 1 inch piece of fresh ginger, peeled and cut into match sticks
- 2 tsp. minced garlic
- 1 jalapeño pepper, thinly sliced*
**include seeds for extra spiciness, or omit for less spice*
- 4 tsp. extra virgin olive oil
- salt and pepper
- 1 lime, sliced into 8 wedges

Directions:

1. Preheat oven to 400° F.
2. Prepare the parchment paper and cut four pieces, each about 18 inches long.
3. Cut chicken breasts in half, horizontally.
4. Lay 1/4 of the mango slices in the center of each piece of parchment. Top with 1 piece of chicken, 1/4 of the ginger and jalapeno. Season each serving with salt and pepper and drizzle each piece of chicken with 1 teaspoon of olive oil.
5. To finish the packets, pull up the sides of the piece of parchment paper and bring them together over the chicken. Fold the edges together and down, creating several small folds. You're essentially rolling the parchment down over the chicken. Fold the ends under or twist them together tightly.
6. Place the folded packets on a rimmed baking sheet and bake at 400° F for 20 minutes or until the chicken is cooked thoroughly.
7. To serve, carefully open packets (there will be steam, so use caution) and finish with a squeeze of lime wedges over chicken.