

Asian Grilled Chicken and Mango Slaw

Ingredients for chicken:

- 6 thin boneless skinless chicken cutlets (3 oz each)
- 2 tbsp lemon juice
- 2 tbsp toasted sesame seeds
- 2 cloves garlic, minced
- 2 tsp fresh ginger, peeled and minced
- 2 green onions, minced
- 1/4 cup low sodium soy sauce (for gluten free, use tamari)
- 1/4 cup teriyaki sauce
- 1 tsp honey
- 2 tsp sesame oil



Preparation:

1. **Combine** all marinade ingredients in a small bowl. **Pour** the mixture over the chicken, turn the pieces to coat evenly, cover and place in refrigerator a minimum of three hours, but preferably overnight.
2. **Preheat** grill to high. Grill chicken top side down first until well browned charred, about 5 minutes, turn and cook on the second side about 3 more minutes. Transfer to a serving platter.

Servings: 3 • **Size:** 2 cutlets

Calories: 295.9 • **Fat:** 6.1 • **Carbs:** 11.4 • **Fiber:** 1.3 • **Protein:** 39.9

Ingredients for slaw:

- 2 cups shredded cabbage
- 1/2 cup shredded carrots
- 1 mango, not fully ripe
- 3 medium scallions, chopped
- 3 tbsp rice vinegar
- 1/2 lime, juiced
- 1 tbsp low sodium soy sauce (or tamari for gluten free)
- 1 tbsp sesame oil
- 1 tsp black and white sesame seeds



Preparation:

1. **Julienne** the mango (cut into strips). **Combine** with the cabbage, carrots, scallions and **toss** together in a large bowl.
2. **Prepare** the dressing by **whisking** together the rice vinegar, soy sauce, and lime juice; slowly whisk in the oil.
3. **Pour** the dressing over the cabbage mixture and toss to coat. Let it sit at least 15-20 minutes to let the dressing soak in.
4. **Serve** sprinkled with sesame seeds.

Servings: 6 • Serving Size: 1/2 cup

Calories: 62.9 • Fat: 2.7 g • Protein: 1.1 g • Carb: 10.1 g • Fiber: 1.9 g • Sugar: 6.3

Sodium: 114.8 mg

Source: www.skinnytaste.com