



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Baked Chicken with Simple Mango Salsa

Serving size: 4 ounce piece of chicken + 2 tablespoons mango salsa

Ingredients:

8, 4-ounce chicken breasts (boneless, skinless)
1/2 teaspoon sea salt
1/2 teaspoon ground black pepper
2 tablespoons olive oil

Mango salsa:

2 mangos, peeled and diced
¼ cup red onion, finely chopped
1 jalapeno pepper, minced
¼ cup fresh cilantro leaves, chopped
¼ cup fresh lime juice



Directions:

1. Preheat oven to 425°F and line a baking sheet with parchment paper.
2. Season chicken with salt and pepper, and brush with oil.
3. Transfer chicken to the baking sheet and bake for 8-10 minutes per side, until chicken is brown and cooked through to internal temperature of 165°F.
4. While the chicken is baking, prepare mango salsa: place diced mango, red onion, jalapeno and cilantro in medium bowl. Toss with lime juice.
5. Serve each piece of chicken with 2 tablespoons of salsa as “condiment.”

Nutrition Tips:

1. You can adapt this recipe to use a different cut of chicken (per personal preference), such as drumsticks, bone-in skinless thighs, or boneless chicken breast. Pay attention to temperature when cooked or “doneness”. Chicken needs to be cooked to an internal temperature of 165F.
2. Homemade fruit salsa is an excellent nutritious topping for any fish/chicken/tofu dish in place of commercial condiments which commonly have excess amounts of added sugar and sodium (salt).

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.