



# UW

## EXTENSION

### NUTRITION & FOOD SAFETY

#### RECIPE OF THE MONTH

# September



## Mango Chicken Skillet

### INGREDIENTS

- 1 cup cooked brown rice
- 4 oz. chicken breast, cubed
- 2 cups frozen mango slices
- 2 bell peppers
- 2 limes, juiced
- 1 Tbsp soy sauce

### DIRECTIONS

This recipe is quick, easy, and includes a full serving each of fruit and vegetables. Cook the rice according to package directions. In a skillet, cook the chicken. Mix in all other ingredients and cook three minutes. Serve over the rice.



### Mango Chicken Skillet

#### Nutrition Facts

Serving Size: half skillet (465g)

Servings Per Container: 2

**Amount Per Serving**

**Calories** 310      Calories from Fat 20

**% Daily Value\***

**Total Fat** 2g      **3%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 35mg      **12%**

**Sodium** 260mg      **11%**

**Total Carbohydrate** 59g      **20%**

Dietary Fiber 7g      **28%**

Sugars 28g

**Protein** 17g      **34%**

Vitamin A 90%      •      Vitamin C 280%

Calcium 4%      •      Iron 10%

Vitamin E 10%      •      Thiamin 10%

Niacin 15%      •      Vitamin B6 25%

Folate 15%      •      Phosphorus 10%

Magnesium 15%      •      Manganese 60%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

INGREDIENTS: MANGO, BELL PEPPERS, BROWN RICE, CHICKEN, LIME JUICE, REDUCED SODIUM SOY SAUCE