

Grilled Chicken Tacos with Mango Slaw

10 ingredients · 25 minutes · 2 servings



Directions

1. Heat the oil in a skillet over medium-high heat. Season both sides of the chicken with the cumin, paprika, and half of the salt.
2. Add the chicken to the skillet and cook for seven to eight minutes per side. When fully cooked, remove the chicken from the skillet and set aside to rest for five minutes before slicing.
3. Meanwhile, in a mixing bowl combine the sliced cabbage, mango, cilantro, lime juice and the remaining salt. Mix well.
4. Fill each tortilla with the sliced chicken and mango slaw. Enjoy!

Notes

Leftovers

Store the taco components separately. The chicken will keep well in the refrigerator for three to four days. The mango slaw is best enjoyed within one to two days.

Serving Size

One serving size is equal to two tacos.

No Chicken Thighs

Substitute chicken breast or ground chicken.

Save Time

Use bagged coleslaw mix and frozen mango chunks.

More Flavor

Top with red onions and additional cilantro.

Make It Spicy

Add sliced jalapenos.

Ingredients

- 1 tsp Coconut Oil
- 10 ozs Chicken Thighs (boneless, skinless)
- 1/2 tsp Cumin
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt (divided)
- 2 cups Green Cabbage (finely sliced)
- 1/2 Mango (diced)
- 1 tbsp Cilantro (minced)
- 1 tbsp Lime Juice
- 4 Whole Wheat Tortilla (medium)

Nutrition

Amount per serving

Calories	523	Sugar	17g
Fat	17g	Protein	38g
Saturated	8g	Sodium	1249mg
Carbs	57g	Calcium	262mg
Fiber	12g	Iron	4mg