

Grab 'n' Go Dinner for Tonight

Chicken, Mango and Rice Salad

Ingredients	Where to Find It
2 cups uncooked brown rice	Aisle 2
2 lbs boneless, skinless chicken breasts	Meat Section
4 tbsp Cooking oil (vegetable oil)	Aisle 5
2 tsp salt	Aisle 5
1 1/2 tsp freshly ground pepper	Aisle 5
1 1/2 cups chopped red onion (about 1 med. onion)	Produce
2 mangos, peeled and cut into 1/2 inch dices	Produce
2 avocados, peeled and cut into 1/2 inch dices	Produce
20 oz can pineapple chunks and natural juice (1cup pineapple & reserve 6 tbsp juice)	Aisle 3
7 tbsp lime juice (about 4 limes or bottled lime juice)	Produce
1.5 cups chopped cilantro	Produce
Cooking Spray	

1. In a large pot of boiling, salted water, cook the rice until just done, 10-15 minutes. (Cook rice according to directions on box). Drain. Rinse with cold water. Drain thoroughly.

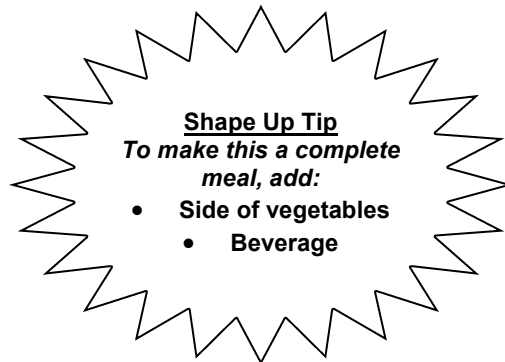
2. Season the chicken with 1/2 tsp salt and pepper. Heat a grill/frying pan over moderate heat and spray with nonstick cooking spray. Cook the breasts until just done, 4-5 minutes on each side. When the chicken is cool enough to handle, cut it into 1/2 inch dices.

3. Drain the pineapples, reserving 1/3 cup of the liquid.

4. Toss the rice with the chicken, onion, mango, avocado, 1cup pineapple, the cooking oil, 6 tbsp pineapple juice, and remaining 1 1/2 tsp salt and 1 tsp pepper, lime juice and cilantro.

Makes 8 servings

Chicken, Mango and Rice Salad		
Servings Per Meal (8)		
Amount Per Serving		
Calories 366		
		% Daily Value*
Total Fat 14g		22%
Saturated Fat 2g		10%
Monounsaturated Fat 5g		
Polyunsaturated Fat 4g		
Cholesterol 85mg		28%
Sodium 652mg		27%
Total Carbohydrate 30g		10%
Dietary Fiber 3g		12%
Sugars 9g		
Protein 37g		
*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
Saturated 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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		



Tonight's Grab 'n' Go Dinner
Cost per serving: \$1.69

To find the Grab 'n' Go dinner recipe

ingredients look for this logo

throughout the store.



All ingredients will be marked with the Shape Up Kittitas County logo.