

Citrus Marinated Chicken with Pineapple or Mango Salsa

Prep Time: 15 minutes

Cooking Time: 18 minutes

Yields: 4 servings

Chicken Ingredients:

2 chicken breasts
2 teaspoons paprika (optional)
2 garlic cloves, minced
1 orange, juiced orange juice
1 lemon juice
2 tablespoons Dijon mustard
2 tablespoons orange zest
1/3 cup cilantro, chopped
salt and pepper, to taste
1 tablespoon coconut oil
non stick spray

Salsa Ingredients:

1 cup pineapple or mango, chopped
1/2 cup tomato, diced
2 tablespoons red onion, minced
1 tablespoon cilantro, chopped
2 tablespoons red bell pepper, chopped
1 tablespoon lime juice
1 teaspoon honey
salt to taste

Directions:

Salsa Directions:

Add all ingredients to a bowl and mix. Refrigerate and serve chilled over the chicken.

Chicken Directions:

Preheat oven to 400.

Line a baking sheet with parchment paper and grease with oil.

With the tip of a knife, pierce the chicken with 2 or 3, 1/2 inch slices. This will help the marinade penetrate the chicken.

In a bowl, mix the paprika, minced garlic, citrus juices, Dijon mustard, citrus zests and cilantro together.



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Add to the chicken in the zip-lock bag and let marinade for 10-20 minutes. You can also make this ahead of time (1-2 days before serving) and keep it in the fridge until you are ready to cook it.

Place chicken on parchment paper and bake in oven for 18 minutes

Serve with pineapple or mango salsa.

Enjoy!



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