

Mango-Cango Chicken

Makes: 4 Servings

“Corey and I began creating great gluten-free recipes about five years ago,” says Corey’s mom, Dora. “After Corey was diagnosed with Autism, he was placed on a gluten-free diet. In the early years, we tried every gluten-free recipe we could find. But most were not kid-friendly. So, Corey ate his favorite two foods, chicken and rice, often. As with many autistic people, he was skeptical about any changes, including when it came to his meals. We slowly introduced variations to his two favorite foods, by adding coconut milk and mangoes.”

Ingredients

- 1 **package** (14-ounce) classic slaw
- 1 **can** (13.5-ounce) lite coconut milk
- 1/4 **cup** mayonnaise
- 2 **tablespoons** brown sugar
- 1 **teaspoon** lime juice
- 1 **teaspoon** vanilla extract
- 1 **cup** jasmine rice
- 2 large skinless, boneless chicken breasts
- 1/2 **teaspoon** salt
- 1 **can** (15-ounce) pear halves
- 1 **can** (15-ounce) diced mangoes
- 4 red leaf lettuce leaves

Directions

1. **In a medium bowl**, thoroughly mix the slaw with 1 cup coconut milk, the mayonnaise, 1 tablespoon brown sugar, and the lime juice. Chill for 20 minutes.
2. **In a medium saucepan**, combine 1 1/3 cups water with the remaining 2/3 cup coconut milk and bring to a gentle boil over low heat. Add the vanilla and jasmine rice. Cover, turn off the heat, and let stand for 25 minutes.



Nutrition Information

Nutrients	Amount
Calories	744
Total Fat	36 g
Saturated Fat	6 g
Cholesterol	84 mg
Sodium	488 mg
Total Carbohydrate	83 g
Dietary Fiber	5 g
Total Sugars	6 g
Added Sugars included	6 g
Protein	38 g

3. **Preheat the grill to medium-high.** Grill the chicken, flipping once, for about 10 minutes total, or until it's cooked through. Sprinkle with salt.

4. **Meanwhile, in a medium saucepan,** combine the pears and mangoes with their juices and the remaining 1 tablespoon brown sugar and cook over medium heat for about 8 minutes.

5. **Arrange a lettuce leaf on each plate,** and top with slaw. Add some coconut rice and chicken. Top with the fruit sauce and serve.

The 2015 Healthy Lunchtime Challenge Cookbook