

## Low-Point Chicken with Mango Orange Chutney

### Ingredients:

- 4, 4 oz boneless chicken breasts
- salt and pepper
- 1 medium mango, peeled and chopped
- 1 medium orange, peeled and chopped
- 1 to 2 cloves garlic, chopped small
- 5 Tbs Splenda
- 1/4 cup white vinegar
- 3 Tbs finely chopped onion
- 1/4 tsp. ground ginger
- 1/4 tsp. red pepper flakes (more or less to desired spice level)
- 1/4 cup Riesling or non-dry white wine
- 1 Tbs White Karo syrup

Preheat oven to 350 degrees. Sprinkle salt and pepper on chicken and place in a baking dish. Bake chicken for 15 minutes (or until desired doneness). Meanwhile, heat skillet over medium-high heat. Add mango, orange, and garlic. Cook for 5 minutes or so until the garlic softens. Add Splenda and the rest of the ingredients, turn down heat and let cook for 15 to 20 minutes (stirring occasionally). Remove chicken from oven and ladle chutney on top of chicken before serving!

Total servings - 4

Serving size - 1, 4 oz. chicken with 2 to 3 Tbs chutney on top

Points per serving - 3.5

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"For last year's words belong to last year's language and next year's word awaits another voice." - T. S. Elliot***