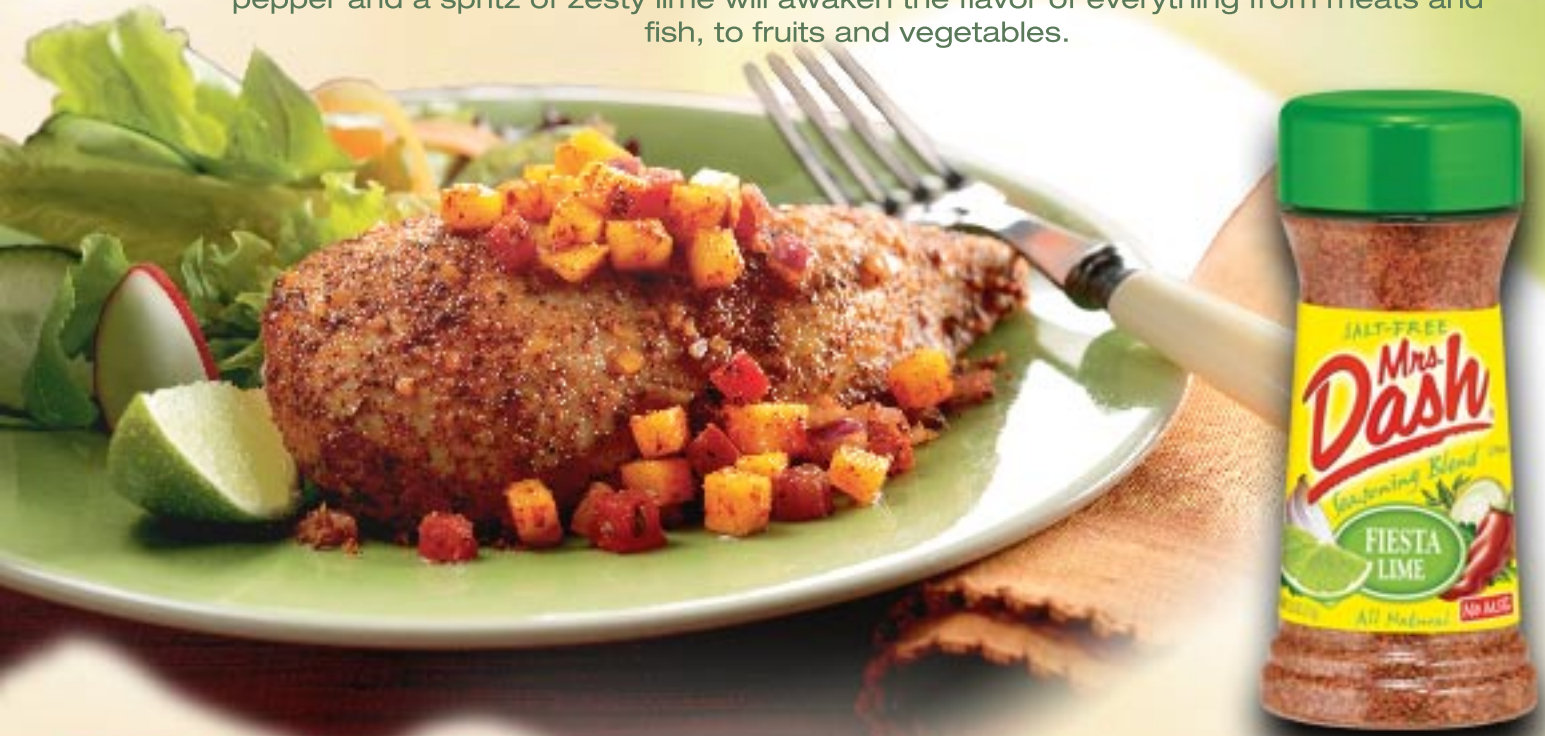




TRY FIESTA LIME

Mrs. Dash® Fiesta Lime Seasoning Blend helps you create bold Mexican-inspired dishes without the added salt. A blend of sweet chili pepper, cumin, paprika, cayenne pepper and a spritz of zesty lime will awaken the flavor of everything from meats and fish, to fruits and vegetables.



CHICKEN WITH MANGO SALSA

Ingredients:

- ▶ 4 boneless skinless chicken breast
- ▶ 4 tsp Mrs. Dash® Fiesta Lime Seasoning Blend
- ▶ Olive oil

Mango Salsa:

- ▶ 1 large Tomato, diced
- ▶ 1 medium Mango, peeled, seeded, diced
- ▶ 1/2 small Red Onion, diced
- ▶ 2 tsp. Mrs. Dash® Fiesta Lime Seasoning

Directions:

1. Preheat oven to 350° F. Brush both sides of chicken breast with olive oil. Sprinkle Mrs. Dash® Fiesta Lime Seasoning on both sides.
2. Bake chicken for 25 minutes or until chicken is cooked through.
3. While chicken is baking, dice the tomato, mango, and red onion. Combine with Mrs. Dash® Fiesta Lime and mix in a large bowl, cover and refrigerate.
4. Arrange chicken on serving plates topped with mango salsa.

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Tops

Albertsons
Food Lion
Pathmark
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Bi Lo
Harris Teeter
Roundy's
White Rose

Brookshire
Ingles
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DeMoulas
Jewel
Spartan
Woodmans

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