

## Employee Wellness Cooking Demo: 8/19/2020

### Ingredients List

#### Mango Chicken Skewers

- 1 tsp. lime peel, finely chopped
- ¼ cup fresh lime juice
- 1 Tbsp. olive oil
- 3 cloves garlic, finely chopped
- 2 tsp. chili powder
- ½ tsp. sea salt
- ¼ tsp. cayenne pepper
- 1 lb. raw chicken breast, boneless, skinless, cut into 1-inch cubes
- 2 tsp. raw honey
- 2 medium mangos, peeled, cut into 1-inch cubes
- 1 medium yellow bell pepper, cut into 1-inch cubes
- 1 medium orange bell pepper, cut into 1-inch cubes
- 2 medium red onions (or sweet onion), cut into 1-inch cubes

#### Brown Rice Black Bean Salad with Mango and Avocado

- 3 cups cooked short grain brown rice
- 1 cup black beans, rinsed and drained
- 1 mango, diced (I prefer champagne/Ataúlfo mangos)
- 1/4 red onion (~3/4 cup), diced
- 1/4 cup fresh cilantro, chopped
- 1/2 avocado diced
- 1 lime, juiced (or more if desired)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper