

Healthy Recipe: Apple Mango Chicken With Peach Plum Salsa

It's a great, healthy dinner that's super simple to make and very quick cooking.

November 18, 2022 By Cook for Your Life

This apple mango chicken recipe was created for us by Chef Dave Martin. The chicken breasts are marinated in an apple cider and mango marinade overnight, making for sweet-and-juicy results the next day. Top with the late summer plum and peach salsa for another punch of sweetness and a spicy kick. It's a great, healthy dinner that's super simple to make and very quick cooking. Why? Because the acids in the mango and cider start to cook the chicken while it's marinating so they only need cooking a few minutes on each side. Serve with a simple leafy green salad to round out the meal.

6 servings

25 minute prep

7 ingredients

Ingredients

- 4 skinless, boneless chicken breasts
- 1 cup apple cider
- 1 cup mango juice
- 2 tablespoons kosher salt, divided
- 2 tablespoons black pepper, divided
- 2 tablespoons hazelnut oil or walnut oil
- 2 cups peach salsa (or 1 recipe [Peach Plum Salsa](#))

Directions

1. Remove any fat and cartilage from the chicken breasts and cut each into small 3 inch strips. (see Chef Tips)
2. In a medium sized bowl, whisk together apple cider, mango juice, half the salt, half the black pepper and the nut oil. Pour into a non-reactive Pyrex dish, container or large Ziploc bag, and lay the strips of chicken in the marinade. They should be well coated. Let the chicken marinate at least 3 hours, but for best results marinate overnight.
3. If using, prepare the [Peach & Plum Salsa](#). Set aside until ready to cook the chicken. You can do this up to 1 day ahead of time if you keep it in the fridge.
4. When you are ready to cook, mix together the remaining kosher salt and black pepper. Remove the chicken strips from marinade and season both sides of each strip with a pinch of the salt and pepper blend. Discard any that's left over or keep for another use.
5. Heat outdoor or indoor grill to high and place strips on it, quickly grilling each side. Do not overcook the chicken. Because some of the acids from the juices have broken down the chicken already, the cooking time for these little strips is about 3-5 minutes total. Remove cooked chicken from the grill and place in a new clean container. Cover with saran wrap or foil and let chicken rest for 5-10 minutes (it will continue to cook, slightly). Serve warm or at room temperature with Peach & Plum Salsa

Chef Tips

It's OK to use pre-cut chicken tenders if you are fatigued.

Nut oils can go rancid very quickly, so store them in a cool place or in the door of your fridge.

Nutrition Facts (per serving)

Calories: 311; Fat: 16g; Saturated Fat: 4g; Polyunsaturated Fat: 3g; Monounsaturated Fat: 8g; Carbohydrates: 18g; Sugar: 13g; Fiber: 2g; Protein: 26g; Sodium: 688mg

Registered Dietitian Approved

Our recipes, articles, videos, and more content are reviewed by our Registered Dietitian Kate Ueland, MS, RD, CSO, a board-certified specialist in oncology nutrition, to ensure that each is backed with scientific evidence and follows the guidelines set by the [Oncology Nutrition for Clinical Practice, 2nd Ed.](#), published by the Oncology Nutrition Dietetic Practice Group, a professional interest group of the [Academy of Nutrition and Dietetics](#), and the [American Institute for Cancer Research](#) and the [American Cancer Society](#).

This recipe was originally published on [Cook for Your Life](#). It is used by permission.

© 2026 Smart + Strong All Rights Reserved.

<http://beta.docker.realhealthmag.com/article/healthy-recipe-apple-mango-chicken-peach-plum-salsa>