

Taste of Home



Grilled Chicken, Mango & Blue Cheese Tortillas

★★★★★

Here's a fantastic outdoor appetizer to kick-start your summer get-togethers. We double or triple the ingredients when we host parties. —Josee Lanzi, New Port Richey, Florida

TOTAL TIME: Prep/Total Time: 30 min.

YIELD: 16 appetizers.

Ingredients

1 boneless skinless chicken breast (8 ounces)

1 teaspoon blackened seasoning

3/4 cup plain yogurt

1-1/2 teaspoons grated lime zest

2 tablespoons lime juice

1/4 teaspoon salt

1/8 teaspoon pepper

1 cup finely chopped peeled mango

1/3 cup finely chopped red onion

4 flour tortillas (8 inches)

1/2 cup crumbled blue cheese

2 tablespoons minced fresh cilantro

Directions

1. Sprinkle chicken with blackened seasoning. On a lightly oiled rack, grill chicken, covered, over medium heat 6-8 minutes on each side or until a thermometer reads 165°.
2. Meanwhile, in a small bowl, mix yogurt, lime zest, lime juice, salt and pepper. Cool chicken slightly; finely chop and transfer to a small bowl. Stir in mango and onion.
3. Grill tortillas, uncovered, over medium heat 2-3 minutes or until puffed. Turn; top with chicken mixture and blue cheese. Grill, covered, 2-3 minutes longer or until bottoms of tortillas are lightly browned. Drizzle with yogurt mixture; sprinkle with cilantro. Cut each tortilla into 4 wedges.

Nutrition Facts

1 wedge: 85 calories, 3g fat (1g saturated fat), 12mg cholesterol, 165mg sodium, 10g carbohydrate (2g sugars, 1g fiber), 5g protein.

Diabetic Exchanges: 1 lean meat, 1/2 starch.

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