

Honey Chipotle Chicken

Prep: 30 minutes

Servings: 6

Ingredients

- 1 lb Chicken Breasts divided
- 1 1/2 tbsps Honey
- 1 tsp Chipotle Powder
- 2 Garlic cloves (minced)
- 2 tbsps Taco Seasoning
- 1 Orange (zested and juiced)
- 1 tsp Sea Salt



Directions

1. In a bowl, the honey, 1 tablespoon of orange juice, 1 tablespoon of the orange zest, garlic, taco seasoning, chipotle, and salt.
2. Add the mix to the chicken and let it marinate for 10-15 minutes.
3. Cook the chicken in the air fry at 400 degrees for 10 minutes or until internal temperature reaches 165 degrees.
4. Serve the chicken with a salad or roasted veggies and a side of green rice.

Nutritional Information

Calories	129	6%
Fat	2g	3%
Carbs	10g	3%
Fiber	1g	4%
Sugar	6g	0%
Protein	18g	36%
Cholesterol	55mg	18%
Sodium	683mg	30%
Vitamin A	80IU	2%
Vitamin C	14mg	16%
Calcium	26mg	2%
Iron	1mg	7%

One Pot Thai Inspired Chicken and Rice

Prep: 15 minutes

Servings: 6

Ingredients

1/4 cup Avocado Mayonnaise
1 1/2 tbsps Lime Juice
1 1/2 tsps Raw Honey
1 1/8 tsps Chipotle Powder
3/4 tsp Garlic Powder
3/4 tsp Onion Powder
3/4 tsp Sea Salt
4 1/2 cups Green Cabbage (thinly sliced)
1 1/2 cups Grated Carrot
1/2 cup Red Onion (diced)



Directions

1. Add the mayonnaise, lime juice, honey, chipotle powder, garlic powder, onion powder, and sea salt in a large bowl. Stir until you achieve a smooth consistency.
2. Add the green cabbage, grated carrot, and diced red onion to the bowl with the mayonnaise mixture and mix until well coated. Enjoy!

Variations

- Serving Size One serving is approximately 3/4 cup.
- No Mayonnaise, use coconut yogurt, plain yogurt, and/or mashed avocado instead.
- Use the coleslaw in tacos, on burgers, or sandwiches.

Nutritional Information

Amount per serving

Calories	102	● 5%
Fat	7g	● 11%
Carbs	11g	● 4%
Fiber	3g	● 11%
Sugar	5g	● 0%
Protein	1g	● 2%
Cholesterol	0mg	● 0%
Sodium	397mg	● 17%
Vitamin A	4662IU	● 93%
Vitamin C	28mg	● 31%
Calcium	41mg	● 4%
Iron	0mg	● 0%



Healthy Flair
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