

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Bacon Wrapped Chicken Skewers with Mango Drizzle

From [www.app.realplans.com](http://www.app.realplans.com)

Serves 6

### For the chicken:

Bamboo skewers  
1 ½ pounds bacon  
3 pounds chicken tenders  
3 Tbsp garlic powder  
4 ½ Tbsp salt  
3 Tbsp black pepper  
4 ½ Tbsp curry powder  
1 ½ Tbsp ground red pepper

### For the mango drizzle:

¾ lime  
3 mangos  
3 Tbsp apple cider vinegar  
1 ½ Tbsp honey  
1/3 tsp ground red pepper  
Salt and pepper to taste

1. Heat you grill. If using wooden skewers, soak them in water before you grill.
2. First, pierce an end of a piece of bacon through a skewer to help make the bacon wrapping part an easier process.
3. Thread your chicken tenders lengthwise onto your skewers. Next, wrap your bacon around the chicken then pierce the other end of the bacon through the skewer.
4. When all your skewers are wrapped, pull out either a long cookie sheet or baking pan to pour your spices in. Once they're on the baking sheet, mix them together, then roll your skewers in the spices until the chicken and bacon are covered in them.
5. Place skewers on the grill, turning them over after about 5-6 minutes. Continue to grill until cooked through.
6. While the skewers cook, juice lime. Dice the mangos (You can find directions on how to dice a mango if you click on the "massaged kale salad" recipe on the past recipes page on [www.webbwellness.com](http://www.webbwellness.com)).
7. Add all the ingredients for the mango drizzle to a blender or food processor. Blend until smooth. Taste before you serve to make sure it's the flavor you like.
8. Once the skewers are done, serve alongside the mango sauce.