

Grilled Flank Steak and Mango Tacos

An easy 30-minute grilling recipe adds tropical vibes to taco night.

By **Jenna Helwig** | Published on July 27, 2025

Prep Time: 35 mins

Total Time: 35 mins

Servings: 4

Ingredients

- 1 large mango
- 2 Tbsp. olive oil, divided, plus more for grill
- 2 1/2 tsp. kosher salt, divided
- 1 tsp. ground cumin
- 1 1-lb. flank steak (about 1 in. thick), trimmed and patted dry
- 2 large plum tomatoes, chopped (about 1 cup)
- 1/4 cup chopped fresh cilantro, plus more for garnish
- 1 Tbsp. fresh lime juice (from 1 lime), plus wedges for serving
- 8 6-in. corn tortillas, warmed
- Sour cream, for serving

Directions

Step 1

Preheat grill:

Preheat grill to medium-high (400°F to 450°F) and lightly oil grates. Slice mango lengthwise along both sides of pit. Discard pit.

Step 2

Grill steak:

Combine 1 tablespoon oil, 2 teaspoons salt, and cumin in a small bowl. Coat steak with mixture. Place steak on grates; grill, turning occasionally, until an instant-read thermometer inserted in thickest part reads 130°F for medium-rare, 10 to 12 minutes (or to desired degree of doneness). Transfer steak to a cutting board; tent with aluminum foil to keep warm.

Step 3

Grill mango:

Brush cut sides of mango with 1 1/2 teaspoons oil. Place on grates cut side down; grill, uncovered, until flesh is charred in spots, 4 to 6 minutes. Flip and grill until slightly charred on skin side, about 2 minutes. Transfer to cutting board.

Step 4

Make mango salsa:

Scoop mango out of peel; chop. Transfer to a medium bowl. Add tomatoes, cilantro, lime juice, and remaining 1 1/2 teaspoons oil and 1/2 teaspoon salt. Toss to combine.

Step 5

Assemble tacos:

Thinly slice steak against the grain and place inside tortillas. Top with mango salsa and sour cream. Garnish with cilantro and serve with lime wedges.

Make-Ahead and Storage Instructions

The steak and mango can be grilled up to 1 day ahead; cool completely and store separately in airtight containers in the refrigerator. Serve the steak at room temperature and prepare the mango salsa per the recipe.

Nutrition Facts

Per serving: 473 calories; total fat 19g; saturated fat 5g; cholesterol 91mg; sodium 877mg; total carbohydrate 42g; dietary fiber 6g; total sugars 17g; protein 36g; vitamin c 56mg; calcium 91mg; iron 3mg; potassium 826mg

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Pasta Salad Primavera with Yogurt-Herb Dressing

Makes 8 to 10 servings

Ingredients

Pasta & Vegetables

- 4 quarts water
- 3½ teaspoons kosher salt, divided
- 1 (16-ounce) package medium shell pasta
- 2 medium carrots, peeled
- 1 (10-ounce) container grape tomatoes, halved
- 2 small seedless cucumbers, cut into half-moons
- 1 cup frozen petite green peas, thawed
- ½ cup chopped celery
- ½ cup chopped red onion

Dressing

- 1 cup plain Greek yogurt
- ½ cup mayonnaise
- ¼ cup whole milk
- 2 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh dill
- 2 tablespoons chopped fresh oregano
- ½ teaspoon ground black pepper

For Serving

- 2 cups fresh arugula
- ½ cup freshly grated Parmesan cheese
- ⅓ cup toasted pine nuts

Instructions

1. **Cook Pasta:** In a medium Dutch oven, bring 4 quarts water and 2 teaspoons salt to a boil over medium-high heat. Add pasta and cook, stirring occasionally, for 9 to 11 minutes, or until tender. Drain and rinse under cold water to stop the cooking process. Drain well.
2. **Prepare Vegetables:** Using a vegetable peeler, shave carrots into ribbons. In a large bowl, combine cooked pasta, carrots, tomatoes, cucumber, peas, celery, and red onion.
3. **Make Dressing:** In a medium bowl, whisk together yogurt, mayonnaise, milk, chives, dill, oregano, pepper, and remaining 1½ teaspoons salt.
4. **Assemble Salad:** Pour dressing over pasta mixture and toss to coat. Serve immediately or refrigerate for up to 1 hour.
5. **Serve:** Serve over a bed of arugula and sprinkle with Parmesan and pine nuts just before serving.

Chicken Hummus Bowls

The spiced chicken atop these bowls is ready fast with the help of the broiler. Serve with warm whole-wheat pita for scooping up extra hummus at the bottom of the bowl.

By **Carolyn Malcoun** | Updated on May 21, 2025

 Reviewed by Dietitian **Christa Brown, M.S., RDN, LD**

Prep Time: 25 mins

Total Time: 25 mins

Servings: 4

Yield: 4 servings

Nutrition Profile:

Anti-Inflammatory Dairy-Free Healthy Pregnancy Healthy Aging Healthy Immunity Soy-Free High-Fiber High-Protein Egg-Free Gluten-Free Low-Calorie

Ingredients

1 pound boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces

3 tablespoons extra-virgin olive oil, divided

1 teaspoon ground cumin

1 teaspoon paprika

¼ teaspoon cayenne pepper

¼ teaspoon salt, divided

2 cloves garlic, finely chopped

2 tablespoons lemon juice

2 cups hummus

1 English cucumber, halved lengthwise and sliced

1 pint cherry tomatoes, halved

¼ cup slivered red onion

¼ cup chopped fresh parsley

Directions

Step 1

Position rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foil.

Step 2

Toss chicken with 1 tablespoon oil, 1 teaspoon cumin, 1 teaspoon paprika, ¼ teaspoon cayenne and ⅛ teaspoon salt. Spread evenly on the prepared pan. Broil until just cooked through, 5 to 7 minutes.

Step 3

Meanwhile, mash garlic and the remaining ⅛ teaspoon salt into a paste with a fork. Transfer to a medium bowl and whisk in 2 tablespoons lemon juice and the remaining 2 tablespoons oil. Add the chicken and let stand for 5 minutes, stirring occasionally.

Step 4

Divide hummus among 4 shallow bowls or plates. Top with the chicken and any remaining dressing, cucumber, tomatoes, onion and ¼ cup parsley.

Frequently Asked Questions

What's the best way to store garlic?

You will only need 2 cloves of garlic, so you will likely have some leftover cloves. To keep them fresh for longer, you can store them in a simple wire basket in your pantry. Alternatively, you might consider using a special container, such as a garlic keeper or a reusable food storage snack bag, which can help keep the garlic fresh for months.

How should I store leftovers?

Leftovers should be stored in an airtight container in the refrigerator, where they will last for about 3 days. Because the chicken in our recipe is cooked, it can be reheated or served cold.

What should I serve with Chicken Hummus Bowls?

Simply some warm whole-wheat pita would round out this meal nicely. However, you could always serve it with a grain, such as brown rice, cauliflower rice or quinoa, or include some sheet-pan roasted vegetables using in-season produce. Our favorites include Sheet-Pan Roasted Root Vegetables, Roasted Butternut Squash & Root Vegetables, Simple Roasted Zucchini & Squash or Hot Honey Parmesan Carrots.

EatingWell Magazine, September 2020

Nutrition Facts

Per serving: **Serving Size 1/2 cup each hummus, chicken, tomatoes & cucumber** 485 calories; total fat 29g; saturated fat 5g; cholesterol 104mg; sodium 712mg; total carbohydrate 27g; dietary fiber 10g; total sugars 4g; added sugars 0g; protein 31g; vitamin c 23mg; calcium 95mg; iron 5mg; potassium 886mg
Additional reporting by Carrie Myers, M.S. and Linda Frahm
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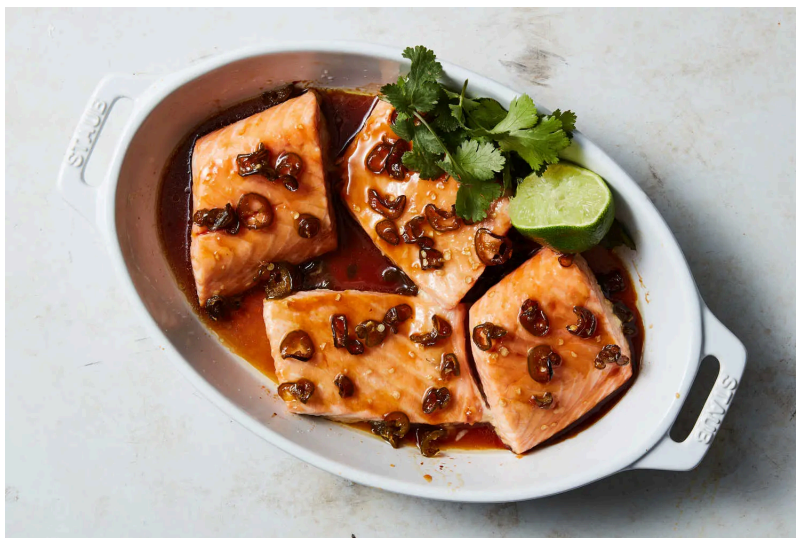
Grilled Chicken Thigh

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Roasted Salmon With Jalapeño, Honey and Lime

By Lidey Heuck



Christopher Testani for The New York Times. Food Stylist: Simon Andrews.

Total Time 25 minutes

Rating ★★★★★ (1,653)

This is speedy weeknight salmon with a kick, thanks to sliced jalapeño, which flavors the honey glaze and cooks alongside the salmon. The chiles caramelize as they roast, becoming spicy and sweet. If you want to reduce the heat slightly, use two jalapeños instead of three. Serve with steamed white or brown rice, spooning the extra glaze over the salmon and rice.

INGREDIENTS

Yield: 4 servings

¼ cup honey
3 medium jalapeños, thinly sliced crosswise into rings
2 tablespoons apple cider vinegar or rice wine vinegar
1 tablespoon soy sauce or tamari
4 (6-ounce) skin-on salmon fillets, about 1-inch thick
Olive oil, for brushing
Kosher salt, to taste
½ lime, for serving
Chopped fresh cilantro, for serving (optional)

PREPARATION

Step 1

Heat the oven to 400 degrees. While the oven heats, combine the honey, jalapeños, vinegar and soy sauce in a small saucepan. Bring to a boil, then turn the heat to low and simmer for 10 minutes. Set aside.

Step 2

Pat the salmon fillets dry using paper towels. Brush a 9-by-9-inch baking pan (or other similar-size baking pan or dish) with olive oil, then place the fillets in the pan, arranging them evenly without crowding. Brush the fillets generously with olive oil and sprinkle with salt. Pour the glaze and jalapeños over the salmon, spooning some of the glaze onto the fish as it collects in the bottom of the pan.

Step 3

Steamed rice, for serving

Roast the salmon for 6 minutes, then baste with the glaze. Return to the oven and roast until the salmon is cooked through but still slightly rare in the center, another 6 to 8 minutes.

Step 4

Spoon the glaze in the pan over the salmon, then squeeze the lime over the salmon, and sprinkle with salt and cilantro, if using.

Serve hot with rice on the side, pouring any glaze that remains in the pan over the rice.

Private Notes

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Peanut Chicken Napa Cabbage Cups

Ingredients

- 4 (6-oz) boneless, skinless chicken breasts, pounded evenly to ½-inch thick
 - 1 tsp light brown sugar
 - ¼ cup warm water
 - 1½ Tbsp fish sauce
 - 1½ Tbsp soy sauce
 - 1½ Tbsp fresh lime juice
 - 1 tsp sambal oelek
 - 1 clove garlic, grated
 - 8 Tbsp natural creamy peanut butter
 - 2 red bell peppers, very thinly sliced
 - 1 small red onion, very thinly sliced
 - ¼ tsp kosher salt
 - 1 small napa cabbage (2½ lbs), crunchy ends removed
 - ⅓ cup roasted unsalted peanuts, chopped
 - Olive oil (for baking sheet)
 - Chili crisp (optional, for serving)
-

Instructions

1. **Preheat** broiler with oven rack 6 inches from heat source.
2. **Prepare baking sheet:** Brush with olive oil and place chicken breasts on top.
3. **Make the sauce:** In a medium bowl, whisk together:
 - 1 tsp brown sugar
 - ¼ cup warm water
 - 1½ Tbsp each fish sauce, soy sauce, and lime juice
 - 1 tsp sambal oelek
 - 1 grated garlic clove
4. Transfer **3 Tbsp of this sauce** to a small bowl. Whisk in **8 Tbsp peanut butter** to make a thick mixture. Spread over the chicken.
5. **Broil** chicken until browned and cooked through, 6–8 minutes. Let rest 5 minutes before slicing.
6. **Make the salad:** To the remaining sauce in the first bowl, add:
 - Sliced red peppers
 - Red onion
 - ¼ tsp kosher saltToss to coat and let sit until ready to serve.
7. **Assemble:** Fill napa cabbage leaves with sliced chicken and red pepper salad. Sprinkle with chopped peanuts and add chili crisp if desired.