

Making it delicious

QUICK CHICKEN COUSCOUS

Ingredients

- 3 Tbsp. Olive oil
- 1/2 cup Red onion, diced
- 1/2 cup Zucchini, diced
- 1/2 cup Green beans, diced
- 1/2 cup Red bell pepper, diced
- 1 Seasoning packet*
- 2 1/4 cups Whole wheat couscous, cooked (sub rice or quinoa for GF)
- 12 oz. Cooked chicken breast, chopped
- 1/4 cup Scallions, thinly sliced
- 1/4 cup Water
- 1/4 cup Fresh parsley, minced
- 1/2 cup Slivered almonds
- 1 Lemon, cut into wedges



Nutrition Facts

servings per container	
Serving size	(218g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 135mg	6%
Total Carbohydrate 32g	12%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 2mg	10%
Potassium 602mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions

- In a sauté pan over medium heat, add olive oil to pan and swirl to coat.
- Once oil starts to shimmer, add red onion, zucchini, green beans and red pepper. Stir and sauté for 1 minute.
- Add contents of seasoning packet, mix thoroughly into the vegetables, and sauté for an additional 4-5 minutes.
- Mix the cooked couscous and 1/4 cup water into vegetables. Top with cooked chicken and scallions, cover with lid, and steam until the contents are heated through and water is evaporated.
- Add parsley, sliced almonds & fresh lemon to top off the dish!

*Seasoning Packet: 1/4 tsp. Kosher salt, 1/2 tsp. paprika, 1/2 tsp. turmeric

SERVINGS: 5 | PREP TIME: 20 MIN