

Couscous Salad with Roasted Chicken

Serving Size about 1 cup

Servings 4

Prep Time 8 min

Cook Time 7 min



Nutrition Information

Calories	230
Fat	9.3 g
Saturated fat	1.6 g
Monounsaturated fat	5.7 g
Polyunsaturated fat	1.5 g
Protein	19.7 g
Carbs	17.7 g
Fiber	2.8 g
Cholesterol	45 mg
Sodium	356 mg

Health Benefit

High Protein

Couscous adds fiber and protein to you diet

Ingredients

- 1/3 cup uncooked couscous
- 1 1/2 cups chopped roasted chicken breast
- 1 cup chopped English cucumber
- 1 cup halved grape tomatoes
- 1 cup chopped Parsley
- 1/4 cup chopped fresh mint
- 4 green onions, chopped
- 1 garlic clove, minced
- 1/4 cup fresh lemon juice
- 2 tablespoons olive oil
- 1/4 teaspoon salt

Directions

1. Prepare couscous according to package directions, omitting salt and fat. Fluff couscous with a

fork.

2. Combine couscous, chicken, and next 6 ingredients in a large bowl. Set aside.
3. Combine lemon juice, olive oil, and salt in a small bowl; stir well with a whisk. Pour dressing over couscous mixture; toss gently.
4. Serve with: Greek Pita Chips

Cooking Light Fresh Food Fast Weeknight Meals, Oxmoor House 2010