Moroccan Style Couscous with Chicken

Serves 6. Total time 30 minutes.

**Moroccan Style Couscous with Chicken**

1 T. olive oil
1 onion, chopped
1 pound boneless, skinless chicken breasts, cut into 1-inch cubes
½ tsp. salt
freshly ground black pepper to taste
2 medium carrots, peeled and chopped (1 cup)
2 cups chopped sweet potato or butternut squash
2 cups cooked chickpeas
½ cup water
½ cup dried apples or apricots, chopped
¾ cup raisins or dates
2 tsp. ground cinnamon
1 tsp. ground cumin
1-¼ cup reduced-sodium vegetable broth
1 cup whole wheat couscous
4 T. slivered almonds

**Directions:**
1. Warm the olive oil in a large skillet over medium-high heat. Add the onion and chicken; season with salt and pepper. Cook until lightly browned, about 3 minutes. Add the carrots, sweet potato, and water. Cover and cook until tender, about 6 minutes. Stir in the chickpeas, dried apples, raisins, cinnamon, and cumin.
2. Meanwhile, bring the broth to a boil in a medium saucepan. Stir in the couscous and cover. Remove from heat and allow to sit for 5 minutes. Remove the lid and fluff with a fork. To serve, spoon the couscous into 4 bowls and top evenly with the vegetable mixture. Sprinkle with almonds.

**Total Meal Nutrition Information (per 1/6 of each recipe):** 498 calories, 35 g protein, 9 g fat, 2 g saturated fat, 68 g carbohydrate, 11 g fiber, 67 mg cholesterol, 285 mg sodium

1 serving equals: 1 whole grain, 1.5 protein/dairy, 1.5 vegetable, 1.5 fat

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Shopping List

Produce Section
- 2 cups chopped sweet potato or butternut squash
- 2 carrots, peeled and chopped (1 cup)
- 1 onion, chopped

Dry Goods Section
- 1 pkg. dried chickpeas prepared ahead or 1 (15 oz.) can chickpeas (see tip #1)
- 1- ¼ cup reduced-sodium vegetable broth
- 1 cup whole wheat couscous (tip #2)
- ½ cup dried apples or apricots, chopped (see tip #3)
- ½ cup raisins or dates
- 4 T. slivered almonds
- 1 T. olive oil
- 2 tsp. ground cinnamon
- 1 tsp. ground cumin

Meat/ Dairy Section
- 1 pound boneless, skinless chicken breasts, cut into 1-inch cubes

Smart Shopper Tip #1:
Since canned beans tend to be a little high in sodium, drain and rinse them well to reduce the sodium content. Another option is to cook dried beans with very little salt. They can be drained and refrigerated or frozen for later use.

Smart Shopper Tip #2:
Whole wheat couscous is a tiny variety of pasta. It is a great source of fiber and nutrients and only takes 5 minutes to cook. Feel free to substitute quick-cooking brown rice, bulgur, or your other favorite whole grain.

Smart Shopper Tip #3:
Use kitchen shears to cut the dried apples. Kitchen shears can also be used to cut meat, green onions, or fresh herbs. Wash them in the dishwasher with your other cutting utensils.

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