

## Couscous Salad with Chicken and Apricots



### Ingredients:

- 1 ½ cups instant whole grain couscous
- ¼ tsp ground cinnamon
- ¼ tsp ground cumin
- 1 cup fresh parsley leaves, finely chopped
- 1 cup fresh mint leaves, finely chopped
- 6 tbsp olive oil
- 4 Chicken breasts, rub with cayenne pepper, paprika, garlic powder
- 3 fresh apricots (or ripe nectarines, peaches, or plums), pitted and cut into bite-size chunks
- 1 small shallot, thinly sliced in rings
- ½ cup unsalted pistachio nuts, shelled
- 2 tbsp balsamic vinegar
- Salt and pepper to taste

### Making it:

1. Bowl: Place the couscous in a medium bowl.
2. Pot: Bring 1 1/2 cups water to a boil and stir in the cinnamon, cumin, 1/2 tsp salt, and 1/4 tsp pepper. Pour the mixture over the couscous.
3. Cover and let stand until the couscous is soft, about 5 minutes. Uncover and fluff with a fork.
4. Stir in the parsley, mint, and 2 tablespoons of the olive oil. Set aside.
5. Grill chicken: Mix spices such as salt, pepper, cayenne, paprika, garlic powder, to taste and rub on chicken. Place chicken in oven or on grill and cook, flipping once. Cut into bite-size pieces and place in a medium bowl.
6. Add the apricots, shallot, and pistachios.
7. Drizzle with the vinegar and the remaining olive oil. Season with salt and pepper to taste. Divide the couscous among 6 dinner plates. Arrange the chicken salad over the couscous. If you want to get fancy garnish with the parsley sprigs and serve.

### Tips and Hints:

- To make this recipe very quick grill or baked a few chicken breast each week and keep in fridge or freezer for use in other recipes such as this one.
- To increase carbohydrate simply increase the amount of couscous.

### NUTRITION FACTS

Servings: 6  
Serving Size: ~1.25 cup

**Total Calories 613**

Carbohydrate	41 g
Total Fat	24 g
Protein	55 g
Fiber	4 g

Prep Time: 15  
Cook Time: 25