

Chicken and Couscous



Makes:

4 servings

Utensil:

Saladmaster Food Processor

3 Qt./2.8 L Sauce Pan with Cover

11" Large Skillet with Cover

small mixing bowl

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3 ?²

cups

chicken stock, fat-free, low-sodium, divided

(820

mL)

2

cups

couscous

(346

g)

1 ?⁴

cup

raisins, packed

(41

g)

16

ounces

chicken breast, skinless and boneless, cubed

(450

g)

1

carrot, cut into matchstick-size pieces, or sliced, use Cone #4

1 ?²

cup

red onion, slivered, or sliced, use Cone #4

(58

g)
¹?₂

cup

red bell pepper, julienned

(46

g)
2

cloves garlic, shredded, use Cone #1

1

tablespoon

curry powder

(6

g)
14

ounces

artichoke hearts, drained, quartered

(396

g)
1

tablespoon

cornstarch

(15

mL)
¹?₃

cup

dry wine, or additional chicken stock

(80

mL)
¹?₂

cup

yogurt, plain, nonfat

(123

g)
¹?₄

teaspoon

black pepper

(.5

g)
2

tablespoons

flat-leaf parsley

(8

g)

Directions:

1. Place 3 cups of chicken stock in sauce pan and bring to a rolling boil. Remove from heat and add couscous and raisins.

- Stir to mix, cover and let stand for 10 minutes. Fluff with fork and transfer to large platter or large heated bowl.
2. Meanwhile, preheat skillet over medium heat. When several drops of water sprinkled on the pan skitter and dissipate, place chicken in pan. Cook for approximately 4 minutes until no longer pink, stirring frequently.
 3. Add carrot, onion, bell pepper, garlic and curry powder. Stir for additional 2 minutes.
 4. Arrange artichokes on top, cover and cook until Vapo-Valve? clicks. Reduce heat to low and cook 3 minutes, until carrots and pepper are crisp-tender.
 5. Using slotted spoon, remove chicken and vegetables and arrange on top of couscous. Cover and keep warm.
 6. In small bowl, dissolve cornstarch in remaining $\frac{1}{2}$ cup (120 mL) chicken stock. Stir into drippings in skillet. Add wine, cook and stir over medium-low heat until thickened and smooth.
 7. Stir in yogurt and pepper. Stir until heated through. Spoon hot sauce over chicken and vegetables, top with parsley and serve.

Nutritional Information per Serving

Calories:

435

Total Fat:

5g

Saturated Fat:

1g

Cholesterol:

74mg

Sodium:

513mg

Total Carbs:

55g

Dietary Fiber:

8g

Sugar:

11g

Protein:

41g