

Herbed Couscous Salad With Grilled Chicken

Makes 12 servings.

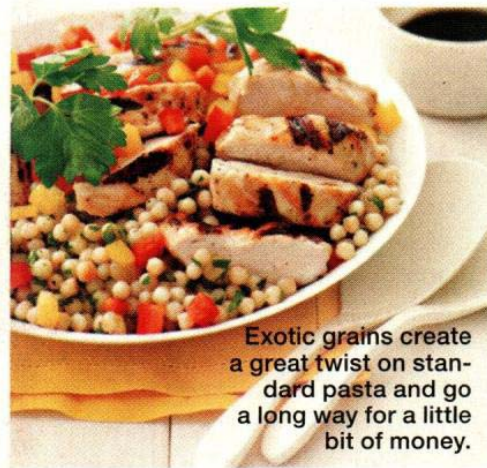
Prep time: 15 minutes

Cooking time: 20 minutes

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| 4 chicken breasts | ½ bunch finely chopped parsley leaves, plus 6 sprigs |
| 3 cups Israeli couscous | ½ bunch finely chopped mint leaves |
| 4 tablespoons olive oil, divided | ½ cup currants or golden raisins |
| ¼ teaspoon ground cinnamon | ½ cup currants or golden raisins |
| ¼ teaspoon ground cumin | 1 teaspoon lemon zest |
| ½ teaspoon kosher salt | 1 tablespoon balsamic vinegar |
| ¼ teaspoon black pepper | 2 bell peppers, red and yellow, diced |

Bring six cups of water to a boil, place chicken breasts on the grill and put a large heavy saucepan over medium heat. As you wait for the water to boil, lightly brown couscous in saucepan in 2 tablespoons of olive oil for 5 to 7 minutes, stirring constantly. When water begins to boil, stir in the cinnamon, cumin, salt and pepper. Add couscous to seasoned water, cover pot, and simmer for 6 to 7 minutes. Stir in the parsley, mint, currants, zest and 2 tablespoons of the olive oil. Transfer to large bowl or serving platter. Pull chicken breasts off the grill and slice into 1-inch strips. Top couscous with sliced chicken, drizzle with balsamic vinegar, and add diced peppers and parsley sprigs.

Per serving: 256 calories, 34 grams carbohydrate, 31 milligrams cholesterol, 6 grams fat, 16 grams protein, 78 milligrams sodium. ▷



Exotic grains create a great twist on standard pasta and go a long way for a little bit of money.