

Moroccan Couscous with Chicken

Serves: 4

Ingredients

1 large onion, finely chopped	1 tsp ground cinnamon
1 large carrot, cut in $\frac{3}{4}$ -inch slices	1 tsp ground ginger
$\frac{1}{2}$ fennel bulb, cut lengthwise in $\frac{1}{2}$ -inch slices (or 1 large celery rib, cut in 1 – inch pieces)	Salt and freshly ground black pepper, to taste
12 oz. skinless, boneless chicken breast, cut in $\frac{3}{4}$ inch pieces	2 $\frac{1}{2}$ cups water
$\frac{1}{2}$ cup raisins	1 medium zucchini, cut in $\frac{3}{4}$ -inch slices
1 $\frac{1}{2}$ tsp ground cumin	$\frac{2}{3}$ cup uncooked whole-wheat couscous

Directions:

1. In a deep skillet or Dutch oven, combine the onion, carrot, fennel, chicken, raisins, cumin, cinnamon, ginger, salt and pepper. Add the water. Bring mixture to a boil over medium-high heat. Reduce heat, cover and simmer for 20 minutes.
2. Add zucchini. Cover and simmer for 5 minutes.
3. Stir in the couscous. Cover and simmer for 8 minutes.
4. Remove from heat and let the dish stand, covered, for 5 minutes before serving.

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Per serving: 260 calories, 1/5 g total fat (0 g saturated fat), 39 g carbohydrates, 24 g protein, 6 g dietary fiber, 240 mg sodium.

