



Chicken and Orange Couscous with Almonds

Poached chicken tossed with cinnamon scented couscous with almonds, raisins and mint

Yield: 6

1 cup Orange Juice	1/8 tsp Kosher Salt
1 cup Water	1/4 tsp Ground Cinnamon
1 tbsp Mashed Garlic Cloves, Fresh	1/2 cup Raisins
1 tbsp Ginger Root, Fresh	3 tbsp Extra Virgin Olive Oil
1/4 cup Less Sodium Soy Sauce	3 each Oranges
1 lb, 8 oz Boneless, Skinless Chicken Breast	1 cup Green Peas, Frozen
2-1/2 cup Couscous	3 tbsp Almonds, Toasted, Sliced
	6 tbsp Mint Bunch, Fresh, Chopped



Place juice, water, garlic, sliced ginger root (no need to peel), soy sauce and chicken breast in a large pot. Cover and bring slowly to a simmer and poach until cooked through. Remove chicken from liquid and strain. Reserve liquid for cooking couscous. When cool enough to handle, shred chicken breast and set aside.

Place couscous, salt, cinnamon and raisins in a container. To cook, pour boiling poaching liquid (liquid should be 1/2" above the top of dry couscous, may need to add boiling water), cover tightly and steam for 15 minutes. Do not over steam, the bottom will get clumpy. Fluff with a fork and set aside until service.

Heat a pan over medium heat and add oil, oranges and shredded chicken until heated through. Add the cooked couscous and green peas. Toss until heated through. Garnish with toasted nuts and chopped mint.

Chef's Note: Properly cooked couscous is light and fluffy. Traditionally, couscous is made in a steamer while the stew is simmering in a vessel called couscoussiere.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
594	38.8	82.1	11.9	70.4	497.3	2	7.7