

# Healthy Food for a Wealthy Mood



## Chicken & Couscous Salad

1 ¼ Cup Fat-free, less sodium chicken broth  
1 5.7oz. Box uncooked couscous  
1 ½ Cups Cooked chicken (about 6oz.)  
½ Cup Green onion, thinly sliced  
½ Cup Radishes, diced  
½ Cup Cucumber, seeded and chopped  
¼ Cup Flat-leaf parsley, chopped  
2 Tbsp. Pine Nuts, toasted

### Dressing:

¼ Cup White wine vinegar  
1 ½ Tbsp. Olive oil  
1 tsp. Ground cumin  
½ tsp. Salt  
1/8 tsp. Pepper  
1 Garlic clove, minced

Bring broth to a boil in a medium saucepan. Gradually stir in couscous. Remove from heat, cover, and let stand 5 minutes. Fluff with a fork. Spoon into a large bowl and let cool. Add all salad ingredients and toss gently. Pour dressing over salad and mix. Serve chilled.

Yield: 4 Servings (serving size: 1 ½ cups)

CALORIES 334 / FAT 10.9g / IRON 1.8mg / CHOLESTEROL 39mg / CALCIUM 23mg  
CARBOHYDRATE 35.8g / SODIUM 484mg / PROTEIN 20.9g / FIBER 2.9g

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