Couscous Chicken Salad with Tomatoes, Garbanzos, Pine Nuts and Curry Lemon Dressing

Carolyn T's Main Cookbook

Servings: 6

Author: Phillis Carey, instructor and cookbook author



DRESSING:
3/4 cup fresh lemon juice
9 tablespoons extra virgin olive oil
1 clove garlic, minced
1/2 teaspoon curry powder
1/4 teaspoon ground cumin
1/4 teaspoon Tabasco sauce, or other hot sauce
Salt and pepper to taste
SALAD:
3 pieces chicken breast, boneless, skinless
4 cups chicken broth
2 cups couscous
1 large tomato, seeded, diced
3 whole green onions, thinly sliced
15 ounces garbanzo beans, drained, rinsed
1/2 cup yellow bell pepper, diced
1/2 cup dried cranberries
3 tablespoons Italian parsley, chopped
1/2 cup pine nuts, toasted

Serving Ideas: Can be served more decoratively in a lettuce leaf (green/red leaf) or radicchio leaf. Or make it without the chicken as a side dish.

Blog: Carolyn T's Blog: http://tastingspoons.com

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Per Serving (excluding unknown items): 864 Calories; 32g Fat (33.4% calories from fat); 51g Protein; 95g Carbohydrate; 17g Dietary Fiber; 48mg Cholesterol; 595mg Sodium. Exchanges: 6 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 5 1/2 Fat.

Notes: Although this is best when it's freshly made, it also keeps for several days.

Description: Delicious lemony tang to it - make ordinary couscous extra delicious!

1. Combine all the dressing ingredients in a small bowl, whisking to mix. Season with salt and pepper.
2. Trim chicken and pound to an even 1/2 inch thickness. Remove 1/3 cup of dressing and pour over chicken, turning chicken to coat well. Let stand 30-45 minutes or refrigerate up to 2 hours.
3. Grill chicken 4 minutes per side or until cooked through. Cool and dice into 1/2-inch pieces.
4. Bring chicken broth to a boil in a medium saucepan. Remove from heat, stir in couscous, cover and let stand 10 minutes, or until broth is absorbed. Fluff couscous with a fork and spread out on a baking sheet to cool. Transfer to a large bowl.
5. Just before serving, toss chicken into couscous. Mix in tomato, green onions, beans, yellow pepper, cranberries and parsley. Add dressing and toss well. Refrigerate at least 1 hour. Sprinkle with pine nuts just before serving. Garnish with additional Italian parsley if desired.