



# Chicken and Raisin Couscous

*Couscous is a staple food throughout North Africa and is a delicious healthy alternative to pasta or rice. Couscous is a low calorie grain and a source of carbohydrates, protein, fibre, and magnesium. Look for the whole wheat varieties of couscous and follow package directions regarding the amount of liquid to add. Serve with a mixed green salad to complete your meal!*

Prep: 20 minutes • Total: 25 minutes

## Ingredients:

Couscous	2 cups	500 mL
Raisins	1 cup	250 mL
Curry powder	3 Tbsp	45 mL
Boiling water	2 ¼ cups	550 mL
Frozen corn	1 cup	250 mL
Grilled hazelnuts, peeled	2 oz	56g
Olive oil	1 Tbsp	15 mL
Cooked chicken, diced	2 cups	500 mL

## Directions:

1. In a large bowl, mix the couscous, raisins, and curry powder. Pour on boiling water.
2. Cover and let sit for 8 minutes. Meanwhile, chop the nuts and cook the corn. Reserve.
3. In a skillet, heat the oil and brown the chicken. Separate couscous into grains with a fork. Add the nuts, corn, and chicken and mix well.

## Nutrition Facts

Serving Size (217g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 450	Calories from Fat 140
<b>% Daily Value*</b>	
<b>Total Fat</b> 15g	<b>23%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 63g	<b>21%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 33g	
<b>Protein</b> 17g	
Vitamin A 0%	• Vitamin C 4%
Calcium 6%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

*Adapted from: The London Free Press*

Makes 4 servings • 1 serving = ½ cup

**Prepared By:** Jennifer Broxterman, Registered Dietitian & Shannon Smith, BSCh Foods & Nutrition student  
**NutritionRx • Email:** info@nutritonrx.ca • **Phone:** (519) 520-9549 • **Website:** www.nutritionrx.ca