

# Chicken and Couscous Skillet



## Ingredients

1 Tbsp olive oil	1 can diced tomatoes, undrained (14 oz)
1 medium onion, chopped	1 cup low sodium chicken broth
1/4 cup carrots, chopped	1 cup uncooked couscous
2 Tbsp garlic, minced	Red pepper flakes to taste
3/4 lb boneless, skinless chicken breast, cubed	Salt and pepper to taste

## Instructions

Instructions: Heat oil in large skillet over medium heat. Saute onions, carrots, and garlic along with red pepper flakes, salt, and pepper until tender. Add chicken and sauté until cooked through, about 6-8 minutes. Add tomatoes with juice and chicken broth, bring to a boil. Stir in couscous and turn heat to low. Simmer covered for 5-8 minutes or until couscous is cooked and liquid is absorbed. Fluff and serve immediately.

## Nutrition Information Per Serving

Serves 4  
Calories: 326  
Fat: 6.8 gm  
Sodium: 400 mg  
Fiber: 4 gm  
Carbohydrates: 41 gm  
Protein: 27 gm  
Cholesterol: 49 mg