

## Pesto Couscous and Chicken – 2 servings

2 chicken breasts  
½ onion, 2 cloves garlic  
1 cup couscous  
1 cup spinach

Recipe: 599 Calories, 59 Pro, 79 Cho, 5 Fat, 367 Na  
Serving: 300 Calories, 30 Pro, 39 Cho, 3 Fat, 184 Na



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Couscous is one of our favorite carbohydrates because it is an excellent source of protein! This meal is quick, easy, and ideal for anyone who wants a healthy and fast meal. Feel free to alter this recipe as much as you wish by adding your own favorite spices or vegetables to the couscous for a delicious and nutritious meal.

**Recipe:** ½ onion, 2 cloves garlic, 2 chicken breasts, 1 cup couscous, 1 cup spinach, desired seasonings.

Spray a pan with Pam cooking spray and sauté 2 diced cloves of garlic and 1 medium onion. Once the ingredients are sautéed and tender, add one cup of water and bring to a boil. Add the pesto mix. You can easily make your own dry pesto out of basic, garlic, herbs de province, salt, and pepper, but premade jars are also available at the grocery store.

Once the previous ingredients are incorporated, add one cup of dry couscous. Stir and cover for 5 minutes. Add veggies directly to the couscous. Chop the spinach into thin strips. Add several handfuls of the spinach to the couscous and set aside to allow the spinach to cook.

Prepare the chicken by seasoning with salt, pepper, and a bit of the pesto. Cook the chicken on the stovetop until tender. Serve with couscous topping the chicken.