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CHICKEN AND CHICKPEA STEW OVER A BED OF COUSCOUS

Ingredients

- 3/4 cup whole-wheat couscous
- 1 pound boneless, skinless chicken breasts
- 3/4 teaspoon salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1 tablespoon olive oil
- 1 1/2 cups chopped onion
- 2 large cloves garlic, chopped
- 1 tablespoon tomato paste
- 1 can (14.5 ounces) diced tomatoes, drained
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cinnamon
- 1 can (15 ounces) chickpeas, rinsed and drained
- 1 cup low-sodium chicken broth
- 1 yellow or green zucchini (6 ounces), cut into 1-inch pieces
- 3 tablespoons chopped fresh cilantro (or mint)

Directions

1. Cook couscous as directed on package. Season chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. In a nonstick skillet, heat oil over medium heat. Cook chicken, turning once, 2 minutes per side. Transfer chicken to a plate.

2. Cook onion in same skillet, stirring occasionally, 5 minutes. Add garlic and tomato paste; cook, stirring, 1 minute more. Add tomatoes, cumin and cinnamon; cook, stirring, 2 minutes more. Return chicken to skillet; add chickpeas, broth, zucchini, remaining 1/2 teaspoon salt and remaining 1/4 teaspoon pepper. Simmer, covered, until chicken is cooked through, about 10 minutes. Serve stew with couscous. Garnish with cilantro.

Source: *Source: Self, Oct 2011*