



## **Cashew Chicken with Couscous**

Recipe Courtesy Chef Bryan Woolley

2 chicken breasts, cubed  
½ cup green onions  
3 tomatoes, diced  
4 cups cooked couscous (use low fat chicken stock to prepare)  
1 cup cashews  
½ cup finely chopped basil  
Salt and freshly cracked pepper

1. Place 3 cups couscous into to a 9X13 cake pan, pour 4 cups boiling low fat chicken stock over couscous, cover with plastic wrap and set aside.
2. Season chicken breasts with salt and pepper and place on a baking sheet. Place into a 425 degree oven for about 20 minutes or until the chicken reaches an internal temperature of 160 degree's.
3. Dice the tomatoes and set aside. Chop the green onions and set aside.
4. When chicken is done, being careful not to burn yourself, cut chicken breasts into bite size pieces.
5. In a large bowl, combine prepared couscous, chicken, green onions, tomatoes, cashews, and basil. Lightly toss to combine ingredients. Salt and pepper to taste.
6. Serve either hot or cold, enjoy!

Serves 6

### **Nutrition Analysis**

Serving Size: 1/6 recipe  
Calories 386  
Total Fat 18g  
Saturated Fat 3g  
Cholesterol 24mg  
Sodium 411mg  
Carbohydrate 38g  
Protein 22g

### **Diabetic Exchanges**

Protein 3  
Fat 3.5  
Carbohydrate 2.5

[Click to create your online shopping list at](#)

**Dan's FRESH**  
FOODS