



Chicken Couscous Paella

Prep: 20 minutes | Cook: 30 minutes | Total: 50 minutes

Yield: 4 servings | Serving Size: ¼th of the recipe

Ingredients

- 1 small onion, diced
- 3 cloves garlic, minced (about 1½ teaspoons)
- ½ cup peas, frozen
- ½ cup diced celery
- ½ cup diced bell pepper
- ½ teaspoon dried thyme
- ½ teaspoon fennel seed or dill
- ½ teaspoon ground black pepper
- ¼ teaspoon turmeric
- ½ teaspoon paprika
- 2 large tomatoes, diced
- ¾ cup (6 ounces) chicken broth
- ½ cups whole-wheat couscous
- ½ pound cooked chicken breast, cubed

Directions

1. Heat a skillet or sauté pan over medium-low heat.
2. Coat the pan with cooking spray.
3. Add the onion and cook until soft, about 4-5 minutes.
4. Add the garlic, peas, celery, bell pepper, thyme, fennel seed, black pepper, turmeric, and paprika.
5. Cook, stirring frequently, until fragrant.
6. Stir in the tomatoes and broth.
7. Bring to a simmer over medium heat.
8. Add the couscous.
9. Cover the pan with a lid and remove from heat. Let stand for about 5 minutes.
10. Stir in the chicken and cook until heated through.
11. Fluff with a fork, then serve warm.

Recipe Notes

- For seafood paella, substitute 4 ounces shrimp and 4 ounces scallops for the chicken breast.

Nutrition Facts Per Serving: Calories: 205 | Total Fat: 2 g | Saturated Fat: 0 g
Sodium: 185 mg | Total Carbohydrate: 27.5 g | Dietary Fiber: 4.5 g | Protein: 18 g

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