

Dinner | Lunch

# One Pot Chicken and Veggie Couscous

**15 Mins**  
Prep Time

**25 Mins**  
Cook Time

**6**  
Servings

**476 Calories**   **15g Fat**   **38g Carbs**   **43g Protein**



## Ingredients

**6 Servings**   **40 Mins Total Time**   **Allergens: Gluten, Dairy**

**2 lbs.** Boneless, Skinless Chicken Breasts, cut into 1" cubes *(Always wash hands after handling raw meat)*

**2** Leeks, white and light green parts only, halved lengthwise and sliced thin *(Wash leeks before slicing)*

**1 ½ Cups** Pearl Couscous  
\*Pearl couscous is also called Israeli couscous. Do not substitute regular couscous as it cooks differently and will not work in this recipe.

<b>3 Cups</b> Low-Sodium Chicken Broth	<b>2 oz</b> Baby Spinach, coarsely chopped
<b>½ Tsp</b> Salt	<b>¼ Cup</b> Heavy Cream
<b>½ Cup</b> Frozen Peas	<b>3 Tbsp</b> Extra Virgin Olive Oil
<b>½ Cup</b> Parmesan Cheese, Grated	Salt and Pepper, to taste

### Allergen Swap

**Gluten** Replace the pearl couscous with a gluten-free pearl couscous

**Dairy** Replace the Parmesan cheese with nutritional yeast; replace the heavy cream with a non-dairy heavy cream substitute

### Nourishment Note



#### Spinach

Spinach is a nutrient powerhouse. It's packed with vitamins and minerals and is an excellent source of Vitamin A. Vitamin A is a common deficiency for those with advanced HIV and AIDS.



#### Chicken

Chicken is a good source of lean protein. Protein needs may be elevated if fighting an active infection.



#### Soft Foods

Mouth sores are common in individuals who are HIV+. Choosing soft foods, like this dish, may make eating less painful.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Season and Cook Chicken

Season the cubed chicken with salt and pepper. Add 1 tbsp of olive oil to the Dutch oven and heat over medium-high heat. Brown chicken on all sides, about 8 minutes, then transfer to a bowl.

### 3. Add Leeks and Couscous

Heat the remaining 2 tbsp olive oil in the Dutch oven over medium heat. Add the sliced leeks and couscous and cook until leeks have become tender and couscous is lightly toasted, about 5 minutes.

### 4. Stir in Broth

Stir in the broth and  $\frac{1}{2}$  tsp salt and bring to a simmer. Reduce the heat to low, cover, and cook, stirring occasionally, until the broth is absorbed and couscous is tender, about 8 minutes.

### 5. Stir in Chicken and Juices

Stir in the cooked chicken and any juices. Cook for an additional 3-4 minutes to ensure chicken is cooked through.

### 6. Take Pan Off Heat

Take the pan off the heat and stir in the chopped spinach, frozen peas, Parmesan cheese and cream. Let sit for 5 minutes to heat additional ingredients.

### 7. Serve and Enjoy

Spoon into bowls, serve and enjoy!

### 8. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy  
Registered Dietitians

## What You'll Need



Knife



Cutting Board



Bowl



Measuring Cups



Measuring Spoons



Dutch Oven or Deep Pot with Lid



Spoon



Cheese Grater

### Fatigue Buster

**Spinach:** Use thawed, chopped frozen spinach instead of fresh.

**Leeks:** Purchase diced onions instead of leeks.

**Parmesan cheese:** Purchase grated Parmesan cheese.