

Apple, Fennel & Chicken Salad with Couscous

Makes: 4 servings

Ingredients

12 ounces boneless chicken breast
3 tablespoons olive oil (divided)
1 cup whole wheat couscous
2 medium red apples
1 tablespoon lemon juice (divided)
1 fennel bulb
1 tablespoon balsamic vinegar
1 tablespoon sugar
1/8 teaspoon ground black pepper
3 cups fresh baby spinach
1/8 cup walnuts, chopped (optional)

Directions

1. Slice chicken breasts crosswise into 1/2" strips.
2. Heat 1 tablespoon olive oil in large skillet over medium heat.
3. Add chicken, cook 8-10 minutes until done, stirring occasionally, remove from heat.
4. While chicken is sautéing, cook couscous according to package directions, let cool.
5. Core and chop apples, place in large bowl; toss with 1 tablespoon lemon juice.
6. Chop fennel bulb (discarding stem and fronds) and add to bowl.
7. In a small bowl, whisk remaining oil and lemon juice with balsamic vinegar, sugar, and pepper.
8. Add chicken, couscous, spinach, and walnuts to bowl with apples and fennel.
9. Drizzle with dressing, toss to coat, and serve.

Total Cost: \$9.93

Serving Cost: \$2.48

Source: What's Cooking? USDA Mixing Bowl



Nutrition Facts	
4 servings per container	
Serving size	(343g)
Amount per serving	
Calories	470
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 110mg	5%
Total Carbohydrate 58g	21%
Dietary Fiber 4g	14%
Total Sugars 15g	
Includes 3g Added Sugars	6%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 109mg	8%
Iron 4mg	20%
Potassium 624mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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