Herbed Couscous with Fall Veggies

Ingredients:

2 Tbsp. olive oil
1 cup sliced leeks or onions
3 cloves garlic, minced
1 ½ cups Brussels sprouts, halved or quartered
2 cups butternut squash, peeled and cubed
½ boneless, skinless chicken breast, cubed
1 cup couscous
1 Tbsp. fresh sage, minced*
1 Tbsp. fresh thyme, minced*
1 Tbsp. fresh marjoram, minced*
3 Tbsp. parsley, minced

Directions:

1. Sauté leeks, garlic, Brussel sprouts and squash in olive oil for about five minutes.
2. Add chicken breast and ¼ cup of chicken broth
3. Cover and simmer 5 to 8 minutes until chicken is cooked and vegetables are tender.
4. Stir in couscous and remaining chicken broth.
5. Add sage, thyme, and marjoram.
6. Cover and simmer about 5 minutes until liquid is completely absorbed.
7. Season with salt and pepper if desired.
8. Stir in parsley and serve.

Yields about 4 servings.

Source: Recipe from Broome County CCE

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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