

Couscous Salad with Chicken, Artichoke, and Lemon Skewers and Tangy Texas Tzatziki

Makes: 6 Servings

"I was inspired to make this as I love eating healthy, and I especially love any salad, more than chips and soda," says Jianna. "Greek food is also one of my very favorites. I love how the flavors of the couscous, parsley, feta, and fresh veggies combine with my Lemon-Honey Vinaigrette. By adding delicious Chicken Skewers and Texas Tzatziki, I turned this already scrumptious salad into a super fresh, healthy, and very tasty meal."

Ingredients

For the Chicken Skewers:

- 12** chicken tenderloins, halved
- Salt and pepper to taste
- 2/3 cup** lemon juice
- 1/4 cup** olive oil
- 12** canned artichoke hearts, halved
- 24** grape tomatoes

For the Salad:

- 2 cups** cooked couscous, cooled
- 1 cup** chopped fresh parsley
- 1 cup** peeled, seeded, and diced cucumber
- 1 cup** rinsed and drained canned garbanzo beans
- 1/2 cup** grape tomatoes, halved
- 1/3 cup** crumbled feta cheese
- 1/4 cup** peeled and minced onions

For the Vinaigrette:

- 1/3 cup** olive oil
- 1/4 cup** lemon juice
- 1/4 cup** white wine vinegar
- 1 tablespoon** honey
- Salt and pepper to taste



Nutrition Information

Nutrients	Amount
Calories	655
Total Fat	34 g
Saturated Fat	7 g
Cholesterol	99 mg
Sodium	401 mg
Total Carbohydrate	58 g
Dietary Fiber	9 g
Total Sugars	11 g
Added Sugars included	3 g
Protein	31 g
Vitamin D	N/A
Calcium	216 mg

Directions

1. **To make the Chicken Skewers:** Make sure to soak the wooden skewers in water for about 10 minutes before using. Season the chicken tenderloins with salt and pepper and put in a gallon-sized plastic bag with a seal. Add the lemon juice, olive oil, salt, and pepper. Seal the bag and let the chicken marinate in the refrigerator for 30 minutes.
2. **Preheat the oven to 350°F.** Slide 1 wooden skewer through 1 piece of chicken twice, add 1 artichoke heart and 1 grape tomato then repeat with another piece of chicken, 1 artichoke heart, and 1 tomato. Lay the completed skewer on a foil-lined baking sheet. Repeat the process until all the skewers are filled. Bake for 20 minutes, or until the chicken reaches 165°F.
3. **To make the Salad:** Mix all ingredients in a large bowl and chill.
4. **To make the Vinaigrette:** Place all the ingredients in a Mason jar with a lid and shake for 30 seconds. Drizzle over the salad and toss to combine.
5. **To make the Tzatziki:** Squeeze all the water out of the cucumber and place it in a bowl. Add the remaining ingredients and whisk to combine. Season to taste with salt and pepper as needed. Chill.
6. **Serve Chicken Skewers** atop a mound of the Parsley Couscous Salad with a side of the Tangy Texas Tzatziki.