

# Apple, Fennel & Chicken Salad with Couscous

**Prep time:** 30 minutes

**Makes:** 4 Servings

A refreshing, crunchy, sweet-savory salad featuring a play of fresh chopped apples, fennel and chicken breast blended with whole wheat couscous and spinach, then topped with lemon balsamic vinaigrette.

## Ingredients

- 12 ounces** boneless chicken breast (2-3 breasts)
- 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
- 1/4 teaspoon** salt
- 1/8 teaspoon** ground black pepper
- 3 1/2 cups** Fresh Baby Spinach (about 3.5 cups)
- 1/8 cup** walnuts (chopped, may use pecans or almonds)

## 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



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	440	
Total Fat	16 g	25%
Protein	25 g	
Carbohydrates	56 g	19%
Dietary Fiber	6 g	24%
Saturated Fat	2 g	10%
Sodium	260 mg	11%

\*Percent Daily Values are based on a 2,000 calorie diet.

## MyPlate Food Groups

Fruits	1 cup
Vegetables	1 cup
Grains	3 ounces
Protein Foods	2 1/2 ounces

bowl.

7. In a small bowl, whisk remaining oil and lemon juice with balsamic vinegar, sugar, salt, and pepper.
8. Add chicken, couscous, spinach, and nuts to bowl with apples and fennel.
9. Drizzle with dressing, toss to coat, and serve.
0. Can be made several hours ahead and refrigerated.

## Notes

**Weekly Menu Planning Tip** : When you are planning a dinner with chicken, cook up extra chicken breast and refrigerate for later use with another recipe.

Serve with 8 oz. non-fat milk.

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