

Chicken

Pistachio Chicken with Couscous & Greens

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Servings: 4

Preparation Time: 30 minutes

Start to Finish Time: 30 minutes

1/2 cup unsalted pistachios, finely chopped

1/2 cup panko bread crumbs

tablespoon olive oil

4 6-ounce boneless/skinless chicken breasts

Kosher salt

pepper

1/4 cup fat-free Greek yogurt

1 large onion, finely chopped

1 teaspoon ground cumin

1 cup couscous

1 small bunch (6 cups) Swiss chard, stems discarded and leaves coarsely chopped

Preheat oven to 350 degrees.

Line a rimmed baking sheet with parchment paper or foil.

In a shallow bowl or pie plate, combine the pistachios, panko and one tablespoon of oil.

Season the chicken with 1/2 teaspoon of salt and 1/4 teaspoon of pepper.

Brush the chicken with the yogurt and coat with the pistachio mixture, pressing gently to help it adhere.

Place the chicken on the prepared baking sheet.

Bake until golden brown and cooked through, about 20 to 25 minutes.

Meanwhile, heat one tablespoon of oil in a large skillet over medium heat. Add the onion, 1/4 teaspoon of salt and 1/4 teaspoon of pepper. Cook, stirring occasionally, until tender, about 6 to 8 minutes.

Stir in the cumin and cook for 1 minute.

Transfer the onion to a medium bowl. Add the couscous and toss to combine.

Add one cup of tap water. Cover and let sit for 20 minutes.

Heat the remaining teaspoon of oil in the skillet (no need to wipe it out) over medium heat.

Add the chard and 1/4 teaspoon of salt and 1/4 teaspoon of pepper, and cook, tossing occasionally, until tender, about 3 to 5 minutes.

Fluff the couscous with a fork and fold in the chard.

Serve with the chicken.

Per Serving (excluding unknown items): 176 Calories; trace Fat (2.3% calories from fat); 6g Protein; 36g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 16mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat.