

Decision Day 5 (Dinner)

CousCous Salad with Grilled Chicken (serves 4)

1 1/2 Cups dried couscous
1 1/2 Cups chicken stock or water
1 T olive oil
2 boneless and skinless chicken breasts
1/4 olive oil
1 1/2 Cups romaine sliced
1/2 Cups cherry or grape tomatoes sliced
1/4 Cup pitted kalamata olives chopped
3 T chopped parsley
Grated zest of 1 lemon
S and P to taste

1. Bring chicken stock or water up to a boil and pour over couscous into bowl.
2. Cover the bowl with plastic wrap and set aside for 10 minutes
3. Rub chicken with olive oil and season with salt and pepper. Grill or broil for 3-4 minutes on each side or until cooked.
4. Uncover the couscous and fluff with fork until grains appear light and separated.
5. Dice the chicken breast and add it to couscous.
6. Mix in romaine, tomatoes, lemon zest and olives.
7. TASTE, season, and top with chopped parsley.