



# CHICKEN, VEGETABLE AND GOUDA COUSCOUS

This recipe combines colourful and nutritious ingredients, the perfect combination for a great lunch!

Preparation time: 15 minutes • Cooking time: 5 minutes • 4 to 6 servings

## INGREDIENTS

- 3/4 cup (180 mL) sodium-reduced vegetable or chicken broth
- 3/4 cup (180 mL) whole wheat couscous
- 4 tsp (20 mL) honey or maple syrup
- 2 tbsp (30 mL) cider vinegar
- 3 tbsp (45 mL) canola oil
- Salt and freshly ground pepper
- 2 green onions, chopped
- 1 cup (250 mL) carrots, grated
- 1 cup (250 mL) zucchini, grated
- 1/2 yellow pepper, diced
- 1 apple, diced
- 1 1/2 cups (375 mL) Gouda, diced
- 1 cup (250 mL) cooked chicken, chopped
- 2 tbsp (30 mL) fresh mint, chopped

## PREPARATION

In a small saucepan, bring broth to a boil. Remove from heat, add couscous, stir, and cover. Let rest 5 minutes or until couscous has absorbed all the broth. Stir with a fork to separate the grains and let cool.

In a bowl, mix honey, vinegar, and oil. Season with salt and pepper, to taste. Add remaining ingredients and couscous. Mix well to distribute the ingredients throughout the couscous and serve. This dish can be served warm or cold.



Your family will love this Chicken, Vegetable and Gouda Couscous, a total palate-pleaser! You can substitute the Gouda for Havarti, Cheddar or Mozzarella to vary the taste. There is a wide variety of Canadian cheeses with unique flavours and textures at the grocery store.

## Your dietitian

Name: \_\_\_\_\_

Contact: \_\_\_\_\_

Organization: \_\_\_\_\_

Dietitians are regulated health care professionals, using their specialized food and nutrition knowledge and skills to translate science into trusted healthy living advice for all Canadians.

For more recipes, visit  
[WhatYouEat.ca](https://www.WhatYouEat.ca)



We are dietitians  
**NUTRITION  
MONTH  
2024**

Proud sponsor of  
Dietitians of Canada's  
Nutrition Month 2024

