basil chicken with fresh tomato sauce and cavalier couscous

TOTAL TIME
35 Minutes
MAKES 4
SERVINGS



APRON'S ADVICE

For best flavor, substitute 4-6 fresh garlic cloves for the minced garlic. Pressing garlic through a garlic press will bring out a bolder flavor.

SHOPPING LIST

Dairy

1 tbsp butter

Dry Grocery

1 tsp Dijon mustard

1 (5.9-oz) package Parmesan (or seasoned) couscous mix

4 tsp balsamic vinegar

2 tbsp extra-virgin olive oil

1 tsp kosher salt

1 (7-oz) can sliced mushrooms

Meat

4 boneless chicken cutlets

Produce

25-30 leaves fresh basil 1 tbsp + 2 tsp minced garlic 2 large tomatoes

Suggested Items

potato rolls fresh cut fruit prepared spinach salad



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COOKING SEQUENCE

- Prepare chicken through step 3 10 minutes
- Meanwhile, prepare couscous 10 minutes
- Grill chicken and complete sauce; serve 15 minutes

basil chicken with fresh tomato sauce

INGREDIENTS

25-30 fresh basil leaves (rinsed)

2 large tomatoes (rinsed)

4 boneless chicken cutlets

1 teaspoon kosher salt, divided

1/2 teaspoon pepper, divided

2 tablespoons extra-virgin olive oil, divided

1 (7-ounce) can sliced mushrooms (drained)

1 teaspoon Dijon mustard

2 teaspoons + 1 tablespoon minced garlic

4 teaspoons balsamic vinegar

STEPS

1. Preheat 2-sided tabletop grill. Chop basil (about 6 tablespoons) and tomatoes coarsely. Place tomatoes and 2 tablespoons of the basil in food processor (or blender); set aside. 2. Season both sides of chicken with 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper (wash hands). 3. Combine in shallow bowl: 1 tablespoon of the oil, 2 teaspoons of the garlic, and remaining 4 tablespoons basil. Add chicken (wash hands); turn to coat evenly. Marinate 10 minutes, turning occasionally. 4. Place chicken on grill (wash hands); discard any remaining marinade. Close lid and grill 5–7 minutes, or until internal temperature of chicken reaches 165°F. Use a meat thermometer to accurately ensure doneness. (If using regular grill, double cooking time, turning once.) 5. Meanwhile, process tomato-basil mixture with remaining 1 tablespoon oil 10 seconds or until smooth. Add vinegar and remaining 1 tablespoon garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper; pulse 2–3 times or until just blended. Serve sauce with chicken.

CALORIES (per 1/4 recipe) 210kcal; FAT 9g; CHOL 65mg; SODIUM 360mg; CARB 7g; FIBER 1g; PROTEIN 27g; VIT A 15%; VIT C 45%; CALC 2%; IRON 8%

cavalier couscous

INGREDIENTS

1 1/2 cups water

1 tablespoon butter

1 (5.9-ounce) package Parmesan (or

seasoned) couscous mix

TEPS

1. Combine in small saucepan: water, butter, spice pack (from couscous mix), and mushrooms; cover and bring to boil on high. 2. Place couscous and mustard in serving dish; pour boiling spice mixture over couscous. Stir to mix; cover and let stand 5 minutes. Fluff with fork and serve.

CALORIES (per 1/4 recipe) 180kcal; FAT 4g; CHOL 10mg; SODIUM 550mg; CARB 32g; FIBER 2g; PROTEIN 6g; VIT A 2%; VIT C 0%; CALC 6%; IRON 4%