



CHICKEN KABOBS WITH COUSCOUS

Makes 4 servings | Prep time: 15 minutes | Cook time: 10 minutes | Total time: 25 minutes



Chicken kabobs ingredients

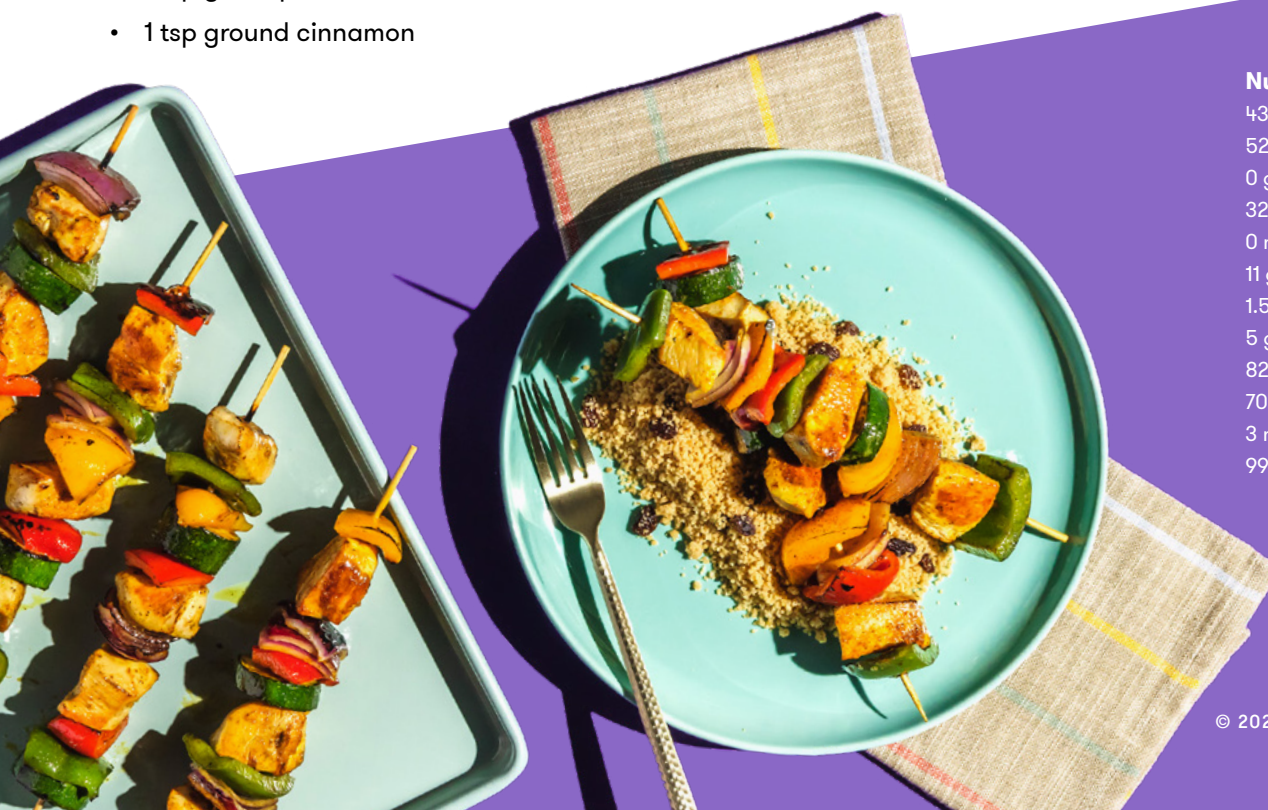
- 2 Tbsp olive oil
- Moroccan Spice Blend
- 1 lb boneless, skinless chicken breasts, cut into large cubes
- 1 medium zucchini, sliced thick
- 1 red bell pepper, cut in large pieces
- 1 yellow bell pepper, cut in large pieces
- 1 green bell pepper, cut in large pieces
- 1 red onion, sliced in large pieces
- 12 kabob skewers
- 2 $\frac{2}{3}$ cups couscous, cooked
- $\frac{1}{2}$ cup raisins

Moroccan spice blend ingredients

- 2 tsp cumin
- $\frac{1}{2}$ tsp chili powder
- 1 tsp turmeric
- 1 tsp garlic powder
- 1 tsp ground cinnamon

Directions

- 1 Preheat broiler on high setting.
- 2 In a large bowl, combine oil and spice blend.
- 3 Add chicken and veggies to the bowl and mix to coat pieces.
- 4 Assemble kabobs by threading chicken, zucchini, bell peppers, and onion on skewers. Repeat until all skewers are filled.
- 5 Spread skewers around baking pan.
- 6 Place kabobs under broiler and cook for 10 minutes, rotating halfway through or until chicken reaches an internal temperature of 165 °F. If needed, broil in batches.
- 7 Serve over couscous with raisins.



Nutrition information:

437 calories
52 g carbohydrates
0 g added sugar
32 g protein
0 mcg vitamin D
11 g fat
1.5 g saturated fat
5 g fiber
82 mg sodium
70 mg calcium
3 mg iron
994 mg potassium