



Grilled Moroccan Spiced Chicken Breasts Stuffed with Couscous and Pine Nuts

READY IN



40 min.

SERVINGS



4

CALORIES



317 kcal

SIDE DISH

Ingredients

- 0.3 cup couscous uncooked
- 0.3 cup chicken broth
- 2 tablespoons butter
- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 0.3 teaspoon salt
- 0.3 teaspoon turmeric
- 1 teaspoon lemon zest grated

- 2 tablespoons juice of lemon fresh
- 1 tablespoon cranberries dried
- 1 tablespoon pinenuts
- 1 Dash hot sauce red to taste
- 1.3 lb chicken breast boneless skinless
- 1 tablespoon vegetable oil
- 0.5 teaspoon salt
- 0.5 teaspoon ground cumin
- 0.3 teaspoon pepper freshly ground

Equipment

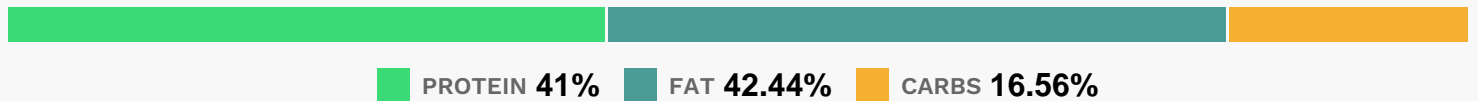
- bowl
- sauce pan
- knife
- grill
- aluminum foil

Directions

- In small bowl, place couscous; set aside.
- In 1-quart saucepan, heat broth, butter, coriander, 1/2 teaspoon cumin, 1/4 teaspoon salt and the turmeric to boiling.
- Pour hot broth over couscous, stir well and cover with foil.
- Let stand 5 minutes to allow liquid to be absorbed. Uncover and fluff couscous with fork. Stir in lemon peel, lemon juice, cranberries, pine nuts and pepper sauce; set aside.
- Meanwhile, place 1 chicken breast on work surface. Notice it has a thick end and a thin end. To create a pocket for the stuffing, insert long, thin knife (a boning knife is ideal) into middle of thick end, parallel to work surface. Slide knife in until it reaches middle of chicken. Move knife up and down within the chicken to form a pocket. You want to have a smaller opening where knife entered the chicken and a larger pocket within the chicken to stuff with couscous mixture. Repeat with remaining chicken breasts.

- Spray grill rack with cooking spray or brush with oil.
- Heat coals or gas grill for medium heat. (Check the temperature of the coals by placing your hand, palm side down, near but not touching the cooking grill rack. If you can keep your hand there for two seconds [one-thousand one, one-thousand two], the temperature is high; three seconds is medium-high; four seconds is medium; five seconds is low.)
- Use one hand to hold chicken with thick end up. With other hand, stuff 1/4 cup of the couscous into pocket. Repeat with remaining chicken.
- Brush chicken with oil.
- In small bowl, mix 1/2 teaspoon salt, 1/2 teaspoon cumin and the pepper.
- Sprinkle mixture evenly over chicken breasts.
- Grill chicken covered 15 to 20 minutes, turning occasionally, until juice of chicken is no longer pink when center of thickest part is cut (170°F) and stuffing is hot. To serve, slice each breast and layer on plate so stuffing is visible.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:5.12, Inflammation Score:-8, Nutrition Score:16.619130328945%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 317.01kcal (15.85%), Fat: 14.79g (22.76%), Saturated Fat: 5.08g (31.75%), Carbohydrates: 12.99g (4.33%), Net Carbohydrates: 11.87g (4.32%), Sugar: 3.1g (3.45%), Cholesterol: 106.06mg (35.35%), Sodium: 703.04mg (30.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.15g (64.3%), Vitamin B3: 15.37mg (76.86%), Selenium: 45.64µg (65.2%), Vitamin B6: 1.09mg (54.34%), Phosphorus: 337.71mg (33.77%), Vitamin B5: 2.19mg (21.92%), Manganese: 0.39mg (19.58%), Potassium: 589.08mg (16.83%), Magnesium: 51.97mg (12.99%), Vitamin B2: 0.17mg (10.14%), Vitamin B1: 0.13mg (8.5%), Vitamin K: 8.91µg (8.48%), Zinc: 1.14mg (7.62%), Vitamin E: 1.06mg (7.08%), Iron: 1.26mg (6.98%), Vitamin C: 5.42mg (6.57%), Copper: 0.11mg (5.69%), Vitamin B12: 0.3µg (4.97%), Vitamin A: 226.25IU (4.52%), Fiber: 1.12g (4.49%), Folate: 10.58µg (2.64%), Calcium: 21.29mg (2.13%)