

HARVEST TIME CHICKEN WITH COUSCOUS

Ingredients:

- 2 medium sweet potatoes (about 1-1/4 pounds), peeled and cut into 1/2-inch pieces
- 1 medium sweet red pepper, coarsely chopped
- 1-1/2 pounds boneless skinless chicken breasts
- 1 can (14-1/2 ounces) stewed tomatoes, undrained
- 1/2 cup peach or mango salsa
- 1/2 teaspoon salt
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon pepper

Couscous:

- 1 cup water
- 1/2 teaspoon salt
- 1 cup uncooked whole wheat couscous



Directions:

1. Prep Your Ingredients: ○ Peel and cut sweet potatoes into 1/2-inch pieces. Coarsely chop the red pepper.
2. Sauté the Vegetables: Heat 1-2 tablespoons of oil in a large Dutch oven over medium heat. Add sweet potatoes and red pepper, sautéing for 3-5 minutes until slightly softened. Remove from the pot and set aside.
3. Sear the Chicken: Season the chicken breasts with a pinch of salt and pepper. In the same Dutch oven, add a little more oil if needed and sear the chicken for 2-3 minutes per side until lightly browned.
4. Combine and Simmer: Reduce heat to medium-low. Return the sweet potatoes and red pepper to the pot, layering them over the chicken. In a bowl, mix the stewed tomatoes, salsa, salt, cumin, cinnamon, and pepper. Pour this mixture over the chicken and vegetables. Cover the Dutch oven with a tight-fitting lid and simmer over low heat for 30-40 minutes, stirring occasionally. Check to ensure the sweet potatoes are tender and the chicken is fully cooked (internal temperature of 165°F/74°C).
5. Prepare the Couscous: About 10 minutes before the chicken is ready, prepare couscous as directed: bring water and salt to a boil, stir in couscous, cover, and remove from heat. Let it stand for 5 minutes, then fluff with a fork.
6. Shred and Serve: Remove the chicken from the Dutch oven and shred it with two forks. Return the shredded chicken to the pot and gently stir to combine with the sauce and vegetables.
7. Serve over couscous.