

Couscous Chicken Greek Salad

Serves 4

Ingredients

- 2 large chicken breast
- 1 medium cucumber
- 1/2 cup red bell pepper
- 1/2 cup yellow or orange bell pepper
- 1/4 cup sweet onion
- 1/4 cup flat-leaf parsley
- 1/2 cup regular couscous (not whole wheat), uncooked
- 3/4 cup water
- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons feta cheese crumbles*
- 1-1/2 teaspoon dried basil
- 1/4 teaspoon black pepper

Preparation

1. Grill chicken breast on BBQ or cook as desired.
2. Thinly slice and quarter cucumbers. Chop bell pepper, onion, olives and parsley.
3. In a medium saucepan heat water to a boil and add couscous. Return to boiling. Remove pan from heat, cover and let stand for 5 minutes. Fluff with a fork and let cool while preparing vegetables.
4. Add sliced cooked chicken, cucumber, bell pepper, onion, olives and parsley to couscous.
5. Combine olive oil, vinegar, feta cheese, basil, salt and pepper to make dressing. Mix with the couscous salad.
6. Refrigerate at least 2 hours. Serve chilled.

Renal and diabetic food choices: 3 protein, 1 starch, 1 medium potassium vegetable

Nutrients per serving: 253 calories, 24 g protein, 23 g carbohydrate, 104 mg sodium, 440 mg potassium, 130 mg phosphorus

*Feta cheese is high in sodium. Watch your portion size and ensure not to exceed the 2 tablespoons listed.

Adapted from www.davita.com