One Skillet Chicken Couscous

**Ingredients:**
- 2 Tablespoons olive oil, divided
- 1/2 cup chopped pecans
- 3 garlic cloves, minced
- 2 cups cooked chicken, chopped
- 2 cups fresh spinach
- 2 cups low sodium chicken broth
- 1/4 teaspoon pepper
- 2 teaspoons dried basil
- 1 package (5.9 oz.) Parmesan couscous
- 1/4 cup grated Parmesan cheese

**Utensils Needed:**
- Large saucepan with lid
- Measuring cups
- Measuring spoons
- Spoon
- Knife

**Directions:**
1. Toast pecans and 1 Tablespoon of oil in a large saucepan over medium high heat for 2-3 minutes. Remove and set aside.
2. Add remaining oil and garlic to pan and sauté for 1 minute. Add chicken, spinach, chicken broth, pepper and basil. Bring to a boil and stir in couscous. Remove from heat; cover and let stand for 6-10 minutes or until broth is absorbed. Stir mixture adding in the pecans and cheese.
3. Serve immediately.

**NUTRITION FACTS**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 cup</th>
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<tbody>
<tr>
<td>Calories</td>
<td>430</td>
</tr>
<tr>
<td>Fat</td>
<td>19 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>75 mg</td>
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<tr>
<td>Sodium</td>
<td>710 mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>31 g</td>
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<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
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<tr>
<td>Protein</td>
<td>34 g</td>
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