



Ingredients-

- ♥ 2 cups Whole Wheat Couscous
- ♥ 4 cups cooked chicken breast, shredded
- ♥ 1 cups fresh basil
- ♥ 3 cup cilantro
- ♥ ¼ cup pine nuts
- ♥ 2 garlic clove
- ♥ 3 jalapeno peppers (de-seeded)
- ♥ 2 Tbsp. lime juice
- ♥ 3 Tbsp. olive oil
- ♥ ½ cup parmesan cheese

PREPARATION:

1. Cook couscous according to package directions. Drain any excess water.
2. While couscous is cooking, add basil, cilantro, pine nuts, garlic, lime juice, olive oil, and parmesan cheese into a food processor. Process until smooth texture.
3. In a large bowl combine couscous, shredded chicken, peppers, parmesan, and pesto mixture.
4. Stir well and serve.

Nutrition Facts			
Serving Size: 1 serving (185.7g)			
Servings: 1			
Amount Per Serving			
Calories	490	Calories from Fat	140
			% Daily Value*
Total Fat	16g		24%
Saturated Fat	3.5g		16%
Trans Fat	0g		
Cholesterol	85mg		28%
Sodium	190mg		8%
Total Carbohydrate	49g		16%
Dietary Fiber	5g		22%
Sugars	1g		
Protein	42g		
Vitamin A	20%	•	Vitamin C 8%
Calcium	15%	•	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g