

- » 1 tbsp olive oil, divided
- » 1 1/2 lb chicken breast, cut into strips
- » 6 green onions, sliced diagonally into 1-inch pieces
- » 1/2 cup red bell pepper, sliced thin
- » 1/4 cup sliced green stuffed olives
- » 1, 13 3/4-oz can water-packed artichoke hearts, sliced and drained
- » 1/4 cup lemon juice
- » 1 tbsp grated lemon peel
- » 1 tsp salt-free herb seasoning blend
- » 1 tsp dried basil
- » 1 tomato, chopped

- » 1 cup couscous, cooked according to directions without salt or fat

Nutritional Content

Per Serving

Calories	448 cal	Cholesterol	99mg
Protein	47g	Sodium	561mg
Carbohydrate	45g	Calories from Fat	15%
Fat	7g	Fiber	6g
Saturated Fat	1g		

In a large skillet sprayed with nonstick vegetable cooking spray over medium-high heat, add olive oil. Cook chicken strips 4 to 5 minutes or until done. Add green onions and red bell pepper. Stir and cook for 2 minutes and add stuffed green olives, artichoke hearts, lemon juice, grated lemon peel, salt-free herb seasoning blend, basil, and chopped tomato. Heat through and toss with hot cooked couscous. Serves 4.

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