

Salsa-Cinnamon Chicken with Couscous, Peas and Corn

Instructions:

Don't change yet! Take out equipment.

1. Heat a large nonstick **fry pan** at med-high.
Add pine nuts and toss until very light brown.
Remove from pan and set aside.

In the same, unwashed pan, heat oil at medium high. Add chicken and brown on both sides.
Add garlic to pan.

...while chicken is cooking...

Combine salsa, water, craisins, honey and spices in a medium mixing bowl. Pour over browned chicken.

Reduce heat to simmer. Set timer for 30 minutes.

...meanwhile...

2. Add water to a small **stove-top** pot and bring to a boil.
Add onion flakes, bouillon, parsley and couscous to boiling water and stir. **Remove from heat.** Cover and let stand 5 minutes.
3. Rinse peas and corn together in a colander and place in a small microwave-safe pot with lid. **Microwave** at high for 3 minutes. (or use a steamer basket in a stove-top pot) *see page 34*
Add butter if you must.

If you have kids who don't like peas, but love corn, add a few peas to the corn. Increase the amount you put in each time. Peas are loaded with fiber and iron and corn and peas really compliment each other.

When I am just about ready to serve dinner, I like to add a little salsa and fresh cilantro to my couscous.

4. Sprinkle toasted pine nuts over chicken.
It's sooo great!

Ingredients:

Take out ingredients.

1/2 cup pine nuts (can also use matchstick almonds)

1 tsp olive oil, extra virgin

10-12 chicken thighs, boneless, skinless
(1 1/2 lbs or 675 g)

1 Tbsp fresh garlic (from a jar)

1 3/4 cup chunky salsa

1/2 cup water

1/4 cup craisins (or raisins)

2 Tbsp liquid honey

1 1/2 tsp cumin

1 tsp cinnamon

3 cups water

2 tsp onion flakes

1 tsp vegetable bouillon powder

1 tsp dried parsley flakes

1 1/2 cups whole wheat couscous

2 cups frozen baby peas, mixed with

2 cups frozen corn

butter (optional)

2 Tbsp salsa (optional)

2 Tbsp fresh cilantro (optional)

reserved pine nuts

Serves 4-6

20 MINUTES TO PREP
DINNER IS READY IN 40 MINUTES

Dinner Survival
by Sandi Richard