

Easy Curried Chicken and Couscous

LO CAL / HI FIB

PREP: 10 MIN; COOK: 5 MIN

4 SERVINGS

Round this meal out with an easy, low-fat dessert. Slice a purchased angel food cake loaf into slices. Top with berries or sliced fruit such as peaches or nectarines.

- 1 3/4 cups water
- 1 cup uncooked couscous
- 1 can (10 3/4 ounces) condensed reduced-fat cream of chicken soup
- 1/2 cup water
- 1 1/2 teaspoons curry powder
- 1 1/2 cups cut-up cooked chicken
- 2 cups frozen mixed vegetables, thawed

Heat 1 3/4 cups water to boiling in 10-inch non-stick skillet. Stir in couscous; remove from heat. Cover and let stand about 5 minutes or until water is absorbed. Remove couscous to large serving platter; keep warm.

Heat soup, 1/2 cup water, the curry powder, chicken and vegetables to boiling in same skillet; reduce heat. Cover and simmer 3 to 5 minutes or until vegetables are tender. Pour chicken mixture over couscous.

1 Serving: Calories 345 (Calories from Fat 65); Fat 7g (Saturated 2g); Cholesterol 50mg; Sodium 670mg; Carbohydrate 51g (Dietary Fiber 6g); Protein 25g
% Daily Value: Vitamin A 42%; Vitamin C 2%; Calcium 4%; Iron 12%

Diet Exchanges: 3 starch, 1 1/2 lean meat, 1 vegetable

Chicken French- Bread Pizza

LO CAL / HI FIB

PREP: 5 MIN; BAKE: 12 MIN

6 SERVINGS

At your next party, cut thin slices of this chicken- and olive-laden pizza to serve as appetizers.

- 1 loaf (1 pound) unsliced French bread
- 1 can (8 ounces) pizza sauce
- 2 cups cubed cooked chicken or turkey
- 1 can (2 1/4 ounces) sliced ripe olives, drained
- 1 cup shredded reduced-fat mozzarella cheese (4 ounces)

Heat oven to 425°. Split bread horizontally in half. Place bread, cut sides up, on cookie sheet.

Spread pizza sauce over bread. Top with chicken and olives. Sprinkle with cheese. Bake about 12 minutes or until cheese is melted and chicken is heated through.

1 Serving: Calories 305 (Calories from Fat 110); Fat 12g (Saturated 5g); Cholesterol 60mg; Sodium 660mg; Carbohydrate 29g (Dietary Fiber 2g); Protein 22g
% Daily Value: Vitamin A 10%; Vitamin C 8%; Calcium 20%; Iron 14%

Diet Exchanges: 2 starch, 2 lean meat, 1 fat