



Ingredients

Preparation time: 45 minutes

Servings: 8

For the Couscous:

1½ cups dry whole wheat
couscous

2 cups vegetable broth

1 tsp. dried Italian herbs

For the One Pot Wonder:

1 package chicken sausage

1 small onion, chopped

3 cloves garlic, minced

1 bunch kale, chopped

2 red peppers, sliced

½ lb. cauliflower, cut into bite-
sized pieces

1 lb. asparagus, cut into 1”
pieces

10 oz. mushrooms, sliced

2 Tbsp. balsamic dressing

1 oz. grated Parmesan cheese

Directions

1. Boil the vegetable broth. Place the couscous and herbs in a heat-safe bowl and pour the boiling broth over the top. Stir and cover for 5 minutes. Fluff with a fork and set aside.
2. Cook chicken sausage in a pan according to the package directions. Slice sausage into ½ inch thick pieces and set aside.
3. In the same pan, cook onion for 3-4 minutes until translucent.
4. Add cauliflower and sliced red pepper and cook for 3-4 minutes. Add chopped kale, minced garlic, asparagus, and baby bella mushrooms, and cook for 5 more minutes.
5. Add the chicken sausage and couscous to the pan, stirring to incorporate.
6. Drizzle with balsamic dressing and stir to moisten the mixture.
7. Top with grated Parmesan cheese.



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Chicken and Veggie Couscous

| Amount | 2 cups |
|--------------|--------|
| Calories | 405 |
| Fat (g) | 10 |
| Sat. Fat (g) | 2.5 |
| Carb. (g) | 56 |
| Fiber (g) | 11.5 |
| Protein (g) | 26 |

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Cooking Tip

Get creative! Add in broccoli, sundried tomato, artichoke, zucchini, summer squash, eggplant, corn or peas. Try other salad dressing such as Italian, red wine vinaigrette, sesame ginger, or peanut dressing. Choose your favorite chicken sausage and mix it up! This would also be a great meal to cook and enjoy with teammates.

Performance Facts

This dish is packed with lean protein to aid in the repair and synthesis of new muscle tissue, fiber to control appetite and blood sugar, B-vitamins to support energy metabolism, and antioxidants as well as phytonutrients to combat oxidative stress and aid in recovery from intense exercise. The high proportion of veggies makes this a highly nutrient-dense meal, meaning you get a lot of nutritional “bang for your buck”!



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