

# Israeli Pearl Couscous with Chicken and Peas

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/plain-israeli-couscous-recipe>

## Ingredients:

- 2 tablespoons extra virgin olive oil
- 1/2 small onion finely chopped
- 1 1/4 cups pearl couscous uncooked
- 3 cups bone broth chicken
- 1 lemon
- 1/2 teaspoon salt I use Himalayan salt
- 1/2 teaspoon ground black pepper
- 3 cups cooked chicken cut into bite size chunks
- 1/2 cup grated Parmesan cheese plus more to garnish
- 1 cup frozen green peas thawed
- 1 cup fresh arugula

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 105 milligrams
4. Fat: 26 grams
5. Fiber: 6 grams
6. Protein: 46 grams
7. SaturatedFat: 7 grams
8. Sodium: 970 milligrams
9. Sugar: 4 grams

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