

# Summer Israeli Couscous Chicken Salad

Yield: 5 min  
Total Time: 40 min

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

## Ingredients:

- 1/3 cup virgin olive oil extra-
- 2 tablespoons white balsamic vinegar
- 1 1/2 teaspoons paprika
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 boneless skinless chicken breast large, cooked and sliced into 1-inch pieces
- 1 1/3 cups whole wheat Israeli couscous also known as pearl couscous
- 1 tablespoon extra-virgin olive oil
- 2 cups water
- 1/2 teaspoon salt
- 2 cups spinach packed, coarsely chopped or torn
- 2 cups arugula packed, coarsely chopped or torn
- 18 ounces grape tomatoes cherry tomatoes or baby heirloom tomatoes, red and yellow, halved
- 1 red bell pepper seeded and sliced thin
- 1/2 cup flat leaf parsley chopped
- 6 button mushrooms sliced
- 4 ounces feta cheese crumbled Mediterranean Seasoned

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 50 milligrams
4. Fat: 24 grams
5. Fiber: 2 grams
6. Protein: 16 grams
7. SaturatedFat: 6 grams
8. Sodium: 1040 milligrams

9. Sugar: 6 grams

---

Thank you for visiting our website. Hope you enjoy Summer Israeli Couscous Chicken Salad above. You can see more 20 israeli couscous chicken recipe Savor the mouthwatering goodness! to get more great cooking ideas.