



Couscous Salad With Lemon-Soaked Grilled Chicken

This dish can easily be made ahead and served cold, but its flavor is best when served at room temperature. For a vegetarian version, use vegetable stock in place of the chicken broth and serve with seasoned grilled vegetables such as portabella mushrooms, zucchini, summer squash and bell peppers sprinkled with fresh lemon juice.

From *“Raising the Salad Bar”* by Catherine Walters, Lake Isle Press, 2007



Daria O'Brien

INGREDIENTS

CHICKEN

1 and ½ pounds of boneless skinless chicken breasts, sliced in half lengthwise
2 cloves garlic, crushed
1 teaspoon kosher salt
1 teaspoon pepper
2 tablespoons chopped parsley
Juice of 3 lemons, rinds reserved

COUSCOUS

1 pound Italian Couscous (Fregola Sarda)
5 cups chicken stock
½ cup minced Vidalia onion
8 ounces baby spinach, washed and dried
6 tablespoons olive oil
2 cloves garlic, crushed
2 tablespoons chopped parsley
Juice of 2 or 3 lemons
Pepper
½ cup grated Asiago or Parmigiano Reggiano cheese
Chopped scallions for garnish
1 lemon, thinly sliced

Serves 4-6

ITALIAN COUSCOUS is a large toasted couscous about the size of tapioca pearls made from durum wheat semolina. It is available in some supermarkets or from specialty products importers as well as some online sources. You can substitute Israeli or Middle Eastern couscous, the large but untoasted kind.

PREPARATION

1. In a large bowl, toss chicken with garlic, salt, pepper and parsley, then squeeze the juice from the lemons over all. Add the reserved rinds, toss with the chicken mixture and let marinate for at least 2 hours in the refrigerator. Remove chicken from the marinade; discard marinade and lemon rinds.
2. Preheat an outdoor grill to high. Grill the chicken breasts over high heat, with the grill lid open, for about 7 to 9 minutes on one side. Do not move the chicken for at least 5 minutes—this allows the sugars to crystallize and form a nice brown crust. Turn the chicken and cook for an additional 5 minutes more, or until it is cooked through, 160° on an instant-read thermometer.
3. Cook the couscous in chicken stock according to package directions. When it is al dente, or just firm to the bite, remove couscous from heat and drain, leaving some of the starchy stock in the pot. Immediately add the onions and toss; then add the spinach and toss, and lastly, add the oil. Continue to toss pasta to help it cool faster and stop the cooking.
4. When couscous is cool, add the garlic, parsley, juice of 2 lemons and pepper. Test for flavor and add salt to taste, add additional lemon juice if needed. Transfer the salad to a serving platter and top with a sprinkling of grated cheese; garnish with scallions.
5. Serve atop or alongside the lemon-soaked grilled chicken and garnish with thinly sliced lemon.

RAISING THE SALAD BAR By Catherine Walters



In addition to many bold new salad recipes, *Raising the Salad Bar* offers fresh new takes on traditional family classics designed to take advantage of the vast range of new ingredients available in market. These recipes, brimming with fresh vegetables and fruits, leafy greens and herbs, are palettes of color as well as flavors. Walters shows how to create salads for all occasions—and seasons—that are mouthwatering culinary masterpieces.

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