



SPORTS NUTRITION

Weekly

Recipe:

The “One Pot Wonder”

Balsamic & Vegetable Couscous with Basil Flavored Chicken Sausage

Couscous: the grain so nice, they named it twice! Couscous originated in North Africa, and is similar to pasta because it is made with semolina flour. Unlike pasta, the flour for couscous does not get mixed with water and egg. Rather, it is simply moistened to form tiny, round granules. Most couscous has been pre-steamed and dried prior to being packaged, which makes preparation a breeze. It is as easy as boiling a liquid, pouring it over the couscous, and letting it sit for about 5 minutes. What you are left with is a delightfully fluffy and versatile grain! This simple “One Pot Wonder” recipe utilizes whole wheat couscous for a quick to prepare and performance-friendly meal.

Ingredients:

For the Couscous:

- 1.5 cups of dry Whole Wheat Couscous
- 2 cups of Vegetable Broth
- 1 teaspoon of Dried Italian Herbs

For the One Pot Wonder:

- 1 Package Chicken Sausage (or breasts) (Plain, Italian, or Basil Flavored)
- 1 Small Onion, Chopped.
- 3 Cloves Garlic, Minced.
- 1 Bunch Kale, Chopped.
- 2 Red Peppers, Sliced.
- 1/2lb. Cauliflower, bite-sized pieces
- 1 lb. Asparagus, cut into 1” pieces
- 10 oz. Baby Bella Mushrooms, sliced
- 2 Tablespoons of Balsamic Dressing
- 1 oz. Grated Parmesan Cheese

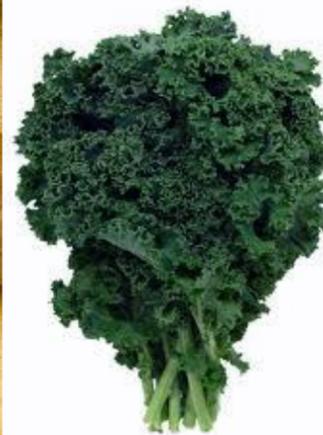
Directions:

Boil the vegetable stock. Place the couscous and dried herbs in a heat-safe bowl and pour the vegetable stock over the top of it. Stir and cover the bowl for 5 minutes, until the liquid is evaporated. Fluff with a fork when complete. Put couscous to the side until needed.

Cook the chicken sausages in a pan according to the directions on the package. Once cooled, slice the sausages into 1/2-inch thick pieces and set aside. In the same pan, cook the onion for 1-2 minutes until it is translucent. Next, add the cauliflower and sliced red pepper and cook for 4-5 minutes. Add chopped kale, minced garlic, asparagus, and baby bella mushrooms and cook for another 3-5 minutes until all the vegetables are softened. Add the cooked chicken sausage and couscous to the pan, and stir to incorporate. Drizzle with balsamic dressing to moisten the mixture. Top with grated Parmesan cheese.

One Pot Wonder: Nutrition Facts

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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There are many reasons this meal is excellent for supporting athletic performance. It is high in lean protein, which helps build muscle. The whole wheat couscous is rich in fiber, promoting fullness, along with B-vitamins and phytonutrients to support overall health. Kale is packed with micronutrients like vitamins A and C, which help to relieve the oxidative stress associated with exercise. Kale also contains minerals such as iron and calcium, of which vitamin C aids in the absorption of.

Don't be afraid to get creative with this recipe, either. You can add in broccoli, sundried tomato, artichoke, zucchini, summer squash, eggplant, corn, and peas. Other salad dressings like Italian, Red Wine Vinaigrette, Light Caesar, Honey Dijon, Tuscan Dressing, Greek Vinaigrette, or Peanut Dressing are other good flavor options. Choose your favorite chicken sausage and try something new today!

