

Turkey Breast with Couscous Salad

Ingredients:

- 1 1/2 cup couscous
- 2 large, red onions, diced
- 1/3 cup olives, pitted and sliced
- 2/3 cup dried apricots, thinly sliced
- 1/2 teaspoon ground coriander
- 6 tablespoons olive oil
- 3 tablespoons white vinegar
- 1/8 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 2 tablespoons shelled peanuts
- 1/2 tablespoon mint, finely chopped
- 1 head garlic, peeled and finely chopped
- 4 1/2 pounds turkey breasts

Directions

1. Bring 1 1/2 cups of water to boil. Add couscous and let simmer for 5 minutes. Fluff cooked couscous with a fork.
2. Combine vinegar, coriander, salt, and pepper, drizzle with oil to taste. Stir in olives, apricots, garlic, and half the onions, mix everything together with couscous. Fold in the chopped mint leaves and peanuts.
3. Heat oven to 350 °F. Season turkey breast with salt and pepper. Roast turkey breast about 35 minutes or until an instant-read thermometer inserted into the thickest part of the breast reads 160 °F, about 35 minutes.
4. Serve the turkey over the couscous salad and sprinkle with the remaining diced onion and garnish with mint leaves.

Nutrition Facts

Serving Size (266g)
Servings Per Container 6

Amount Per Serving

Calories 480 **Calories from Fat 230**

	% Daily Value*
Total Fat 25g	38%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 210mg	9%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 3g	

Protein 38g

Vitamin A 4% • Vitamin C 6%

Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

