Balsamic Chicken with Baby Spinach and Couscous

As a busy mom who is really cranky when she's hungry, I need delicious rush-hour meals I can get on the table fast. This is one of my absolute favorites. The chicken breast is smothered in a balsamic-laced tomato sauce served over garlicky spinach nestled on a bed of warm fluffy couscous. All that and it takes only 15 minutes to make.

3 tablespoons olive oil
4 boneless, skinless chicken breast halves (about 1¼ pounds total), pounded between 2 sheets of waxed paper to ½-inch thickness
¼ teaspoon salt, plus more to taste
¼ teaspoon freshly ground black pepper, plus more to taste
3 cloves garlic, chopped (about 1 tablespoon)
8 ounces baby spinach leaves (about 8 cups lightly packed)
2 tablespoons balsamic vinegar
½ cup low-sodium chicken broth
1 cup canned no-salt-added chopped tomatoes, with their juices
2 cups hot cooked whole-wheat couscous (from about ¾ cup uncooked)

SERVES 4
SERVING SIZE: 1 CHICKEN BREAST, 3 TABLESPOONS SAUCE, ⅓ CUP SPINACH, AND ½ CUP COUSCOUS

PER SERVING
CALORIES: 342;
TOTAL FAT: 12G
MONO: 8G,
POLY: 1G;
SAT: 2G,
PROTEIN: 32G;
CARB: 27G;
FIBER: 6G;
CHOL: 66MG;
SODIUM: 336MG

EXCELLENT SOURCE OF
FIBER, IRON, NIACIN, PANTOTHENIC ACID, PHOSPHORUS, PROTEIN, SELENIUM, VITAMIN A, VITAMIN B_6, VITAMIN C

GOOD SOURCE OF
POTASSIUM

Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Season the chicken on both sides with the salt and pepper. Add the chicken to the pan and cook until browned and just cooked through, about 4 minutes per side. Remove the chicken to a plate.

Add the remaining 2 tablespoons oil to the pan, add the garlic, and cook for 1 minute. Add the spinach and cook just until wilted, 1 to 2 minutes. Season with salt and pepper, then transfer the spinach to a bowl and set it aside.

Add the vinegar, broth, and tomatoes to the pan and stir, scraping any browned bits off the bottom. Bring to a simmer and cook until the sauce is slightly thickened, 3 to 5 minutes.

Divide the couscous between 4 serving plates. Top with some of the spinach, then a piece of chicken and the balsamic-tomato sauce and serve.