

Couscous

Yield: 6 servings

Ingredients

2 teaspoons olive oil
 2 shallots, peeled, minced
 3 garlic cloves, minced
 3 cups vegetable stock
 1½ cups Couscous, Moroccan or Israeli
 ¼ teaspoon salt, Kosher
 ½ teaspoon black pepper, ground
 ¼ cup nut of choice (walnuts, pine nuts, pecans, etc)
 ¼ cup raisins
 3 tablespoons parsley, fresh, finely chopped
 ¼ cup green onion, thinly sliced

Instructions

1. Preheat a pot over medium-high heat. Add the olive oil and shallots. Sauté the shallots in the pot for 2 to 3 minutes until fragrant. Add the garlic and sauté for an additional minute.
2. Add the vegetable broth. Bring the broth to a boil then add the Moroccan couscous. Immediately remove the pot from heat and cover. Let the pot sit for 10 minutes.
 - If you are using Israeli couscous: In a separate pot bring vegetable stock with an addition of 2 cups of water to a boil. Add Israeli couscous. Simmer for 8 minutes. It will be slightly al dente. Strain into a fine mesh strainer; straining well. Add the Israeli couscous to the sautéed shallot and garlic.
4. Remove the lid and use a fork to fluff the couscous. Once fluffed, transfer the couscous on to a sheet pan and let it cool, approximately 5 minutes.
5. Place the cooled couscous in a mixing bowl and toss with salt, pepper, nuts, raisins, parsley, and green onion. Serve warm or cold.

Nutrition Information

Serving Size: ½ tablespoons
 Calories: 230
 Total Fat: 5 g
 Saturated Fat: 0 g
 Monounsaturated Fat: 0 g
 Sodium: 90 mg
 Total Carbohydrate: 43 g
 Dietary Fiber: 6 g
 Sugars: 5 g
 Protein: 7 g

Source: Health Meets Food

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