

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 Kosher salt
- ½ teaspoon ground black pepper
- ¼ cup pine nuts
- ¼ cup raisins
- 3 tablespoons finely chopped
fresh parsley
- ¼ cup chopped green onion

Instructions

1. Preheat a medium sized 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 stock. Bring the stock to a boil then add the couscous. Immediately remove the pot from heat and cover. Let the pot sit for 10 minutes.

Note: 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.
3. Remove the lid and use a fork to fluff the couscous.
4. Stir in the remaining ingredients.

Nutrition Information

Serving Size: ½ cup
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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