

Couscous

Couscous is made from semolina and is a traditional Berber dish. It is usually served with stew or Moroccan seasoned meat or vegetables. You can also use Israeli couscous, which is much larger and often called "pearl" couscous.

<u>U.S.</u>		<u>Metric</u>
2 tsp	Olive Oil	10 mL
2 each	Shallots, peeled, minced	2 each
3 each	Garlic, minced	3 each
3 cups	Vegetable Stock	710 mL
1 1/2 cups	Couscous, Moroccan or Israeli	259.5 g
1/4 tsp	Salt, Kosher	1.25 g
To Taste	Black Pepper, ground	To Taste
1/4 cup	Nut of Choice (Walnuts, Pine Nuts, Pecans, etc), toasted	28.5 g
1/4 cup	Raisins	42.5 g
3 Tbsp	Parsley, fresh, finely chopped	10.8 g
1/4 cup	Green Onion, thinly sliced	25 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat a pot over medium-high heat. Add the olive oil and shallots. Sauté the shallots in the pot for 2-3 minutes until fragrant. Add the garlic and sauté for an additional minute.
3. 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: Add vegetable broth and bring to a boil. Stir in Israeli couscous. Simmer for 7 minutes, then turn off the heat, cover, and let sit for 7 minutes.
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 Facts on Reverse**

Nutrition Facts

6 Servings

Serving size **1/2 cup**

Amount per serving

Calories **230**

Calories from Fat 50

Total Fat 5 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 90 mg

Total Carbohydrate 43 g

 Dietary Fiber 6 g

 Total Sugars 5 g

 Includes 0 g Added Sugars

Protein 7 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 58 mg

Phosphorus 10 mg
