



RECIPE:
COUSCOUS PILAF

Makes 2 to 4 servings.

Couscous is a grain made of semolina flour. It is often found in the international section of the supermarket. In this recipe, couscous is mixed with garbanzo beans to make a great side dish. Add more chopped vegetables and serve as a main dish.

INGREDIENTS	AMOUNT	ITEM
	¾ cup	Fat-free vegetable or chicken broth (low sodium)
	¾ cup	Whole Wheat Couscous
	1	Carrot, shredded
	2 Tbsp	Onion, minced
	½ cup	Garbanzo beans (rinsed, if canned)
	1 Tbsp	Fresh parsley, chopped
	1 clove	Garlic, minced
		Black pepper to taste

INSTRUCTIONS

1. Bring broth to a boil.
2. Add couscous, remove from heat and let stand for 5 minutes covered.
3. In a small sauté pan sprayed with nonstick vegetable spray, sauté carrot, onion, garbanzos and garlic for approximately five minutes.
4. Add parsley and stir. Then stir vegetable garbanzo mixture into couscous and serve.

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