

Couscous



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It looks like a grain, but couscous is really a tiny pasta. It cooks super fast, so it's perfect for meals in a hurry. You can even find couscous made with whole grains!

Prep Time

5 mins

Course: Dinner, Lunch, Main Course Cuisine: Pasta Keyword: Pasta Servings: 6
Calories: 108.4kcal Author: Cindy Thompson, Trimazing! Health & Lifestyle Coaching

Ingredients

- 1½ cups water or salt-free [vegetable stock](#)
- 1 cup couscous (look for whole grain)
- ½ tsp salt omit if using salted stock

Instructions

1. Boil water or stock in a saucepan with salt, if using. Add couscous and stir. Cover and remove from heat. Let stand 10-15 minutes. Fluff with a fork and serve.

Notes

Get creative with your couscous! Try adding chopped sun-dried tomatoes and pine nuts when you add your couscous for an extra tasty side dish.

Makes 3 cups

Nutrition

Calories: 108.4kcal | Carbohydrates: 22.3g | Protein: 3.7g | Fat: 0.2g | Polyunsaturated Fat: 0.1g |
Monounsaturated Fat: 0.1g | Sodium: 199.6mg | Potassium: 47.9mg | Fiber: 1.4g | Calcium: 8.8mg |
Iron: 0.3mg

Recipe from Cindy Thompson, Trimazing! Health & Lifestyle Coaching www.trimazing.com