



Nutty Couscous with Raisins and Vegetables

Servings: 4

Rinse fresh vegetables under running water.

2 cups water

½ cup raisins

1½ cups broccoli florets

½ cup green onions, sliced

½ cup chickpeas (garbanzo beans)

1½ cups whole-wheat couscous

½ cup almonds or other nuts (optional)

Salt and pepper to taste

1. Wash hands and surfaces.
2. Bring water to boil, add raisins and broccoli.
3. Once broccoli is tender (use paring knife in thick part of floret to tell tenderness) add green onions, chickpeas, couscous

and almonds. Turn off heat, cover and let sit for 5 minutes.

4. Remove cover and add salt and pepper to taste.
5. Refrigerate leftovers immediately.



Nutrition Facts

4 servings per container

Serving size 1 1/2 cups (160g)

Amount per serving

Calories **350**

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 100mg 4%

Total Carbohydrate 73g 27%

Dietary Fiber 3g 11%

Total Sugars 17g

Includes 0g Added Sugars 0%

Protein 12g

Vitamin D 0mcg 0%

Calcium 65mg 6%

Iron 2mg 10%

Potassium 319mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

- Use fresh, local veggies. Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org
- Kids don't always take to new foods right away. Give them a taste at first and be patient with them.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance