



Nutty Couscous with Raisins and Vegetables

Servings: 4

Rinse fresh vegetables under running water.

Ingredients:

- 2 cups water
- ½ cup raisins
- 1½ cups broccoli florets
- ½ cup green onions, sliced
- ½ cup chick peas (garbanzo beans)
- 1½ cups whole-wheat couscous
- ½ cup almonds or other nuts (optional)
- Salt and pepper to taste



Directions:

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, chick peas, couscous and almonds. Turn off heat, cover and let sit for 5 minutes.
4. Remove cover and flake seasoning in with a fork.
5. Refrigerate leftovers immediately.

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Nutrition Facts

Amount Per Serving

Calories 330 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 58g **19%**

Dietary Fiber 9g **36%**

Sugars 16g

Protein 11g

Vitamin A 15% Vitamin C 50%

Calcium 8% Iron 20%

Tips:

- Use fresh, local veggies. Go online to find a farmers market at:
agebb.missouri.edu/fmktidir/index.htm
or other Missouri local foods at:
foodcircles.missouri.edu/sources.htm

☺ 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 food stamp office or go online to dss.mo.gov/fsd/fstamp/