

COUSCOUS WITH TOASTED PINE NUTS

Most people are surprised to learn couscous is actually a pasta, common in the cuisines of North Africa. Quick cooking, it steams in 5 minutes off heat. One of the easiest side dishes that goes with everything, feel free to add other herbs and vary the nuts or omit them completely. Couscous, like pasta, is also available as a whole grain. Check the label to make sure.

SERVES 4-6

Ingredients

- 2 Tablespoons olive oil
- 1 cup chopped onion
- 1 ½ cup unsalted chicken stock or reduced sodium chicken broth
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 cup couscous
- ¼ cup pine nuts, toasted in a dry skillet
- ¼ cup minced fresh parsley

Directions

Heat the oil in a large saucepan. Add the onion and cook over medium heat for 10 minutes, stirring occasionally, until softened, but not browned. Add the chicken stock, salt, and pepper and bring to a full boil. Stir in the couscous, turn off the heat, cover and steam for 5 minutes. Fluff with a fork, stir in pine nuts and parsley and serve.

To make ahead:

Sauté the onions, add the stock, salt and pepper and set aside. 15 minutes before serving, heat the onion-stock mixture and add the couscous. Steam as directed above.



Nutrition Facts	
5 servings per container	
Serving size	1/2 cup (154g)
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 220mg	10%
Total Carbohydrate 33g	12%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.2mg	6%
Potassium 240mg	6%
<small>* The % Daily Value (DV) 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.</small>	

Recipe adapted from Ina Garten's cookbook Barefoot Contessa How Easy Is That?