COUSCOUS PILAF

**Serves: 4-6**

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| An instant side dish! Use whole wheat couscous for added nutrition and herbs for flavor with no added calories or salt. | **Cost Per Recipe****Cost Per Person** | **Time Required**Prep: 5minsCook: 5mins | http://couscousrecipes.org/wp-content/uploads/2009/03/couscous.jpg |

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| **Ingredients** | **Procedure** |
| * 1 ¼ cups water or reduced-sodium chicken broth
* ½ teaspoon hot sauce (optional)
* ¼ teaspoon salt
* 1 ½ cups whole-wheat couscous
* 1 Tbs fresh parsley or 2 teaspoons dried parsley

All of this can be bought at Schnucks (whole wheat couscous not available at Aldi) | 1. Combine broth or water, hot sauce, and salt in a small saucepan with a tight-fitting lid and bring to a boil.
2. Remove from heat and stir in couscous.
3. Let stand for 5 minutes; uncover and stir in parsley.
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| **Other Thoughts / Variations on the Recipe / Nutrition Information** |
| * You can make endless variations of this dish – try it with dried fruit and nuts, or any herb combination. Consider sautéed onions and garlic, of course being cost conscious.
* You can substitute regular (ie not whole wheat) couscous, but note to volunteers that it’s not a whole grain!
* Focus participants on how amazingly quick couscous is to prepare.
* Focus participants on how useful herbs are for adding flavor without fats and salts.
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