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: 5mins  Cook: 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. |