

# Couscous Many Ways

Couscous is a tiny pasta made from semolina and wheat flour. It is a staple dish in North African, Moroccan, Algerian, and Tunisian cooking. Couscous has a nutty, sweet flavor that goes well with vegetables. Couscous is a healthy grain option that, if bought pre-cooked, takes about 5-10 minutes to cook.

**Here are some tasty ways to use couscous in a meal:**

## DID YOU KNOW?

There are three different types of couscous: Moroccan, Israeli, and Lebanese. Moroccan couscous is the smallest couscous and cooks in just a few minutes. Israeli (or pearl) couscous is much larger than Moroccan couscous, is more like pasta, and takes 10 minutes to cook. Lebanese (or Moghrabieh) couscous is the largest of all three and takes the longest to cook.

### COOK AND ADD TO SALAD



Follow directions on the couscous box to cook, cool in refrigerator, and then mix with salad greens. Make your own homemade dressing with lemon juice, red wine vinegar, olive oil, salt, and pepper.

### ADD TO STUFFED PEPPERS



Stuff cooked bell peppers with cooked couscous, vegetables and lean protein (beans, chicken, ground beef or turkey) for a quick dinner.

### TRY AS A SIDE DISH WITH HERBS AND/OR SPICES



Follow directions on the couscous box to cook and add your favorite herbs and spices. Try these herbs and spices with couscous: parsley, basil, mint, cilantro, black pepper, paprika, or ground coriander.

### COOK AND MIX WITH GRILLED OR ROASTED VEGETABLES



Mix cooked couscous and vegetables together for an easy, healthy, and tasty meal.

### ADD TO SOUPS OR STEWS



Try using couscous instead of rice or other pasta in soups or stews.

**TIP:** Buy plain couscous instead of couscous already flavored. You can add your favorite herbs, spices, and other seasonings to add flavor without adding salt.

# Try this Tasty Couscous Recipe:

## Mediterranean Couscous

Prep time: 10 minutes   Servings per recipe: 8

Cook time: 30 minutes   Serving size:  $\frac{3}{4}$  cup



### Ingredients:

- 1½ cups uncooked couscous
- 1 teaspoon minced fresh garlic
- 2 tablespoons chopped parsley
- ½ cup chopped red onion
- 2 cups chopped fresh vegetables (tomatoes, cucumbers, bell peppers)
- 1 tablespoon crumbled feta cheese

### Directions:

1. Follow directions on the couscous box to cook and set aside.
2. In a small bowl, mix dressing ingredients together.
3. In a large bowl, toss garlic, parsley, onion, vegetables, couscous, cheese and dressing together.
4. Refrigerate for 2-3 hours before serving.

### Dressing Ingredients:

- 2 tablespoons lemon juice
- 2 tablespoons red wine vinegar
- 1½ teaspoons olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper

Check out  
[web.uri.edu/SnapEd](http://web.uri.edu/SnapEd)  
for more recipes!

### Recipe tips to add more flavor:

- Cook couscous in low-sodium chicken or vegetable broth instead of water for more flavor
- Add your favorite herbs and spices (like parsley, cilantro, mint, or basil)
- Add dried fruit for a sweet and sour flavor
- Add nuts and/or seeds for an extra crunch
- Add cannelloni beans or chickpeas
- Try this recipe with any vegetables you enjoy!

### Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>¾ cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 19mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 158mg	<b>4%</b>

\*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.

Cost: \$2.88 per recipe,  
\$0.36 per serving