



NUTRITION PER SERVING:

CALORIES	141
PROTEIN	6 G
CARBOHYDRATE	28 G
TOTAL FAT	2 G

PREP TIME:	10 MINUTES
COOK TIME:	20 MINUTES (INCLUDING 10 MINUTES STANDING TIME)

YIELD:	4 SERVINGS
SERVING SIZE:	3/4 C COUSCOUS

- 2 C** LOW-SODIUM CHICKEN BROTH
- 1 C** RAISINS
- 1/2 C** WHOLE-WHEAT COUSCOUS
- 1/4 C** FRESH MINT, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
- 1 CAN** UNSALTED SLICED ALMONDS, TOASTED
- 1 TBSP** MEDIUM ORANGE, RINSED, FOR
- 1 TBSP** ZEST (USE A GRATER TO TAKE A THIN LAYER OF SKIN OF THE ORANGE)



ORANGE COUSCOUS WITH ALMONDS, RAISINS, AND MINT

THIS FLAVORFUL SIDE DISH GOES WELL WITH CHICKEN, BEEF, OR LAMB

- 01 Combine chicken broth and raisins in a small saucepan. Bring to a boil over high heat.
- 02 Add couscous, and return to a boil. Cover and remove from the heat.
- 03 Let the saucepan stand for about 5 minutes, until the couscous has absorbed all of the broth.
- 04 Meanwhile, toast almonds in the toaster oven on a foil-lined tray for about 5 minutes, or until golden brown.
- 05 Remove the lid and fluff the couscous with a fork. Gently mix in the mint, almonds, and orange zest. Serve immediately.



This is a great recipe for older children to make themselves. Younger children can help measure ingredients and zest the orange.

