

## **Moroccan Couscous**

Serving Size: 1/6 of recipe

Serves: 6

### **Ingredients**

½ cup slivered almonds, toasted  
2 tablespoons olive oil  
½ onion, diced  
3 cups low sodium vegetable broth  
½ cup raisins  
½ cup fresh parsley, diced  
Dash of salt and pepper  
1½ cups whole wheat couscous

### **Directions**

In a dry skillet over medium heat, toast the almond slivers until lightly browned. Set aside.

In a medium sauce pan, heat the olive oil over medium heat.

Add the onion and sauté until soft.

Add the broth, raisins, parsley, salt and pepper and bring to a boil.

Add the couscous, stir, remove from heat and cover. Let stand 5 min to allow the couscous to absorb the liquid.

Stir in the almonds and serve.

### **Exchanges per serving:**

2 Starches, 1 Veg, 1 Fruit, 1 Fat

### **Nutrients per serving:**

Calories: 309

Calories from fat: 80

Total Fat: 9g

Cholesterol: 0mg

Sodium: 95mg

Total Carbohydrate: 49g

Dietary Fiber: 5g

Protein: 9g