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