

Cranberry apple couscous

Submitted by: Emelia Chabot, clinical dietitian, Henderson Family Medical Clinic

Ingredients:

1¼ cup water
1 cup whole wheat couscous
1 apple, chopped
½ cup parsley, chopped or 2 tablespoons dried
¼ cup scallions, chopped
¾ cup dried cranberries
½ cup chopped walnuts or pecans
¼ cup Sesame Soy Ginger Dressing
Salt and pepper to taste

Instructions:

1. Pour water into saucepan and heat to a boil. Once boiling, add couscous, cover, and turn off heat. Let set until couscous is softened.
2. While waiting for couscous to soften, chop the apple, parsley and scallions.
3. In a large bowl combine all ingredients. Mix well. Season with salt and pepper to taste

Notes

Serves six

Nutrition Information: Calories 280, Total Fat 11 g, Carbohydrates 41 g, Sugars 14 g, Dietary Fiber 4 g, Protein 6 g, Sodium 109 mg

