

GOLDEN VEGETABLE COUSCOUS

This easy dish uses carrot juice to flavor couscous.

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| <i>2 carrots</i> | <i>1 red bell pepper</i> |
| <i>2 cups carrot juice</i> | <i>1 can (15 oz.) chickpeas</i> |
| <i>1 cup broth (vegetable, chicken, or miso)</i> | <i>1 box (10 oz.) plain couscous (whole wheat if possible)</i> |
| <i>½ tsp. salt</i> | <i>½ cup chopped fresh cilantro leaves (or more to taste)</i> |
| <i>½ tsp. ground cumin</i> | <i>½ cup raisins</i> |
| <i>¼ tsp. black pepper</i> | <i>1 tbsp. olive oil</i> |

1. Peel and grate the carrots and set aside.
2. Bring the carrot juice, broth, salt, cumin, and black pepper to a boil over medium heat in a 3-quart or larger saucepan.
3. Meanwhile, seed the bell pepper and chop it into bite-size pieces. Set aside. Rinse and drain the chickpeas.
4. When the juice mixture boils, remove the pan from the heat. Stir in the couscous, carrots, red bell pepper, and chickpeas. Cover and let stand 5 minutes, or until the couscous is tender.
5. Meanwhile, chop the cilantro and set aside. Measure out raisins and set aside.
6. When the couscous is tender, uncover and add the cilantro, raisins, and oil, and fluff with a fork. Serve at once.

MAKES FOUR SERVINGS.

PER SERVING: 545 calories, 19 g protein, 105 g carbohydrate, 6 g fat (<1 g sat)
0 mg cholesterol, 11 g fiber, 710 mg sodium, 980 mg potassium, and 110 mg calcium.

Count each serving as 1½ Vegetable Servings, ¾ Beans/Legumes Serving and
1½ Whole Grain Servings (for whole wheat couscous).
