Michele Sodon

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:	¾ C COUSCOUS

2 C	LOW-SODIUM CHICKEN BROTH
1 C	RAISINS
½ C	WHOLE-WHEAT COUSCOUS
¼ 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

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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.