

# Orange, Pistachio, and Pomegranate Couscous Salad

## Ingredients:

2 cups couscous	1/2 cup pistachios, chopped
Pinch of salt	1 cup dries cranberries
2 cups boiling water	4 large scallions, finely chopped
2 tablespoons lemon juice	2 large handfuls mint, chopped
1/2 cup orange juice	Seeds from one pomegranate

## Directions:

1. Add the couscous, salt, and water into a bowl and mix well. Cover with a plate and let stand for 5 minutes.
2. Stir it again and cover for another 5 minutes.
3. Using a fork, fluff up the couscous, add the rest of the ingredients and mix well.

<b>Nutrition Facts</b>	
Serving Size 3/4 cup (227g)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories 270</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 10mg</b>	<b>0%</b>
<b>Total Carbohydrate 55g</b>	<b>18%</b>
Dietary Fiber 10g	40%
Sugars 24g	
<b>Protein 7g</b>	
Vitamin A 4%	• Vitamin C 90%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

**Benteh Nuutah**

**Valley Native Primary Care Center**

**Wellness Center**

(907) 631-7630

southcentralfoundation.com

Source: <https://recipesfromapantry.com/pomegranate-couscous/>

