

Easy Couscous

Ingredients:

- 2 cups instant whole wheat couscous
- 2 tablespoons olive oil
- 3 cups water
- 1/2 teaspoon cinnamon
- 1 teaspoon salt
- Pinch of turmeric

Directions

1. Place couscous in a small baking pan that holds 8 cups.
2. Bring water to a boil with salt, oil, cinnamon, and turmeric. Pour over the couscous, stir well with a fork and cover the pan with foil.
3. Let rest for 15 minutes. Fluff couscous with a fork and serve.

Nutrition Facts

Serving Size (134g)
Servings Per Container 8

Amount Per Serving

Calories 170 **Calories from Fat 35**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 65mg **3%**

Total Carbohydrate 33g **11%**

Dietary Fiber 5g **20%**

Sugars 0g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

*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

