

Parmesan Couscous

Ingredients:

- 2 cups whole - wheat couscous
- 2 cups chicken stock
- 2 tablespoons olive oil
- 3 tablespoons butter (divided)
- 1 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup parmesan cheese
- 2 tablespoons fresh Italian parsley (roughly chopped)

Directions

1. In a medium size pot, bring broth, olive oil, one tablespoon of butter, and seasonings to a boil.
2. Add the couscous; stir quickly to combine; cover and let sit for 5 minutes.
3. Transfer the cooked couscous to a large bowl.
4. Add the rest of the butter, parmesan cheese, and parsley.
5. Use a fork to fluff the couscous until the butter is melted and evenly combined.
6. Make sure you don't use a spoon; it will make the couscous clump together rather than keeping it light and fluffy.
7. Adjust the seasonings to taste.
8. This makes a large portion and will easily serve 6-8 people depending on portion size. If you prefer a smaller amount, cut the recipe in half.

Nutrition Facts

Serving Size (122g)
Servings Per Container 8

Amount Per Serving

Calories 260 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 25mg **1%**

Total Carbohydrate 34g **11%**

Dietary Fiber 5g **20%**

Sugars 3g

Protein 9g

Vitamin A 4% • **Vitamin C 2%**

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

