



### NUTRITION PER SERVING:

|                     |      |
|---------------------|------|
| <b>CALORIES</b>     | 141  |
| <b>PROTEIN</b>      | 6 G  |
| <b>CARBOHYDRATE</b> | 28 G |
| <b>TOTAL FAT</b>    | 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)



## 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.

