Serves 8

2 ½ cups Dry whole wheat couscous
2 ½ cups Water or vegetable stock
2 tablespoons Butter, unsalted
½ teaspoons Salt
Flat-leaf parsley
Cilantro

- Combine water (or stock), butter and salt in large sauce pan and bring to a boil.
- Add the dry couscous, stir well and REMOVE FROM HEAT.
- Cover and let stand for 5 – 10 minutes, then fluff with fingers or fork.
- Garnish with minced parsley and/or cilantro.

Per serving:
160 Calories
2 grams Fat
28 grams Total Carbohydrate
4 gram Dietary Fiber
5 grams of Protein
125 mg sodium