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# SIMPLE COUSCOUS

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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*