

Apricot Almond Couscous with Mint

Phillis Carey, 2012



Servings: 8

Be sure to remove pot from heat once you add the couscous - it will overcook (and become sticky and gummy).

1. In a medium saucepan heat olive oil over medium heat. Add red onion and apricots and saute until onion is translucent and slightly fragrant. Add chicken broth, salt and lemon zest and bring to a boil.
2. Stir in the couscous, cover and remove from heat; let stand for 5-10 minutes. Uncover and toss in the green onion tops, mint, cilantro and almonds. Season to taste with salt and pepper.

2 tablespoons olive oil

1 cup red onion, finely diced

1/3 cup dried apricots, coarsely chopped (or dried cranberries)

3 cups low-salt chicken broth

1/2 teaspoon salt

1/2 teaspoon lemon zest

2 whole green onions, green parts only

1/4 cup fresh mint, roughly chopped

2 tablespoons fresh cilantro, chopped

1 1/2 cups couscous (about 1 pound)

1/3 cup slivered almonds, toasted (350° 7 minutes)

Salt and pepper to taste

Serving Ideas: This could be served with any kind of stew-type Mediterranean meal - chicken, pork, lamb, fish, even beef.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 222 Calories; 8g Fat (29.1% calories from fat); 10g Protein; 33g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 155mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat.