

≡ Curried Vegetable Couscous

Makes: 6 servings

Ingredients:

1 celery stalk, chopped
1 carrot, peeled and chopped
1/2 yellow onion, chopped
1/2 red bell pepper, seeded and chopped
1/3-inch piece fresh ginger, peeled and thinly sliced
1 clove garlic
1 tbs. extra-virgin olive oil
1 tsp curry powder
1 cup whole-wheat couscous
2 cups vegetable broth
1/2 teaspoon salt
2 tbs. chopped cilantro

Nutrition Facts:

189 Calories

3g of Fat	35g of Carbs
6g of Protein	6g of Fiber

Provided by MayoClinic.com



Instructions:

Combine the celery, carrot, onion, bell pepper, ginger and garlic in a food processor—pulse until vegetables are finely minced. Don't puree.

Heat the olive oil over medium heat in large frying pan. Add minced vegetables; saute until they begin to soften (3 minutes) Add curry powder; saute until fragrant (about 1 minute longer)

Add couscous and stock; stir well. Bring mixture to a boil. Reduce the heat to low and cover. After 5 minutes, remove from the heat.

Uncover, fluff the couscous with a fork. Add salt and cilantro; toss to mix. Serve immediately