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 tbls. extra-virgin olive oil
- 1 tsp curry powder
- 1 cup whole-wheat couscous
- 2 cups vegetable broth
- 1/2 teaspoon salt
- 2 tbls. chopped cilantro

**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 a large frying pan. Add minced vegetables; sauté until they begin to soften (3 minutes) Add curry powder; sauté 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

**Nutrition Facts:**

- 189 Calories
- 3g of Fat
- 6g of Protein
- 35g of Carbs
- 6g of Fiber

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