

# **Vegetable Couscous**

From King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/VegetableCouscous.aspx>

## **Ingredients**

- 1 small onion, chopped
- 3 cloves garlic, minced and pressed
- 2 medium green bell peppers, chopped
- 1 tablespoon vegetable oil
- 1 cup dry couscous
- 1-1/2 cups water
- 2 small tomatoes, cut into wedges

## **Instructions**

1. Sauté onion, garlic and green pepper in oil in a large skillet until soft, then push to sides of pan.
2. In the center of the skillet, pour in the couscous. Add the water to the couscous, stirring gently. Top this mixture with tomato wedges and the cooked green peppers; cover pan for 3 minutes.
3. Add a little water and cook longer, if needed. Couscous should be light and fluffy.

## **Makes 4 servings**

## **Nutrition information per serving**

Calories: 229

Total fat: 4 g

Saturated fat: 1 g

Cholesterol: 0 mg

Sodium: 11 mg

Carbohydrates: 42 g

Dietary Fiber: 4 g

Sugars: 0 g

Protein: 7 g