

COUSCOUS WITH PEAS AND ONIONS

USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/>

& UMass Extension Nutrition Education Program.

http://www.umass.edu/umext/nutrition/resources/library/download/fnp/recipes/couscous_with_peas_and_on.pdf

Ingredients

- 1 cup onion, finely chopped
- ½ tsp. ground sage
- 1 tsp. olive oil
- 1 1/3 cups water
- 1 cup green peas, frozen
- 1 cup couscous
- ½ tsp. salt (optional)

Instructions

1. Combine oil and onions in heavy skillet.
2. Sauté for 5-10 minutes until lightly browned.
3. Add the peas, sage, water, couscous, and salt if desired.
4. Cover and cook on low for about 5 minutes or until peas are tender but still bright green and all of the water is absorbed.
5. Fluff with fork.
6. Serve with lemon wedges or balsamic vinegar.

Makes 4 servings. Serving size: 1 cup

Cost

Per Recipe: \$ 1.77

Per Serving: \$ 0.44

Nutritional information per serving (4 servings)

Calories: 190

Calories from fat: 15

Total fat: 1.5g

Saturated fat: 0

Trans fat: 0g

Cholesterol: 0 mg

Sodium: 50mg

Total carbohydrate: 37g

Dietary fiber: 4g

Sugars: 4g

Protein: 7g

Vitamin A: 15%

Vitamin C: 15%

Calcium: 4%

Iron: 6%

Percent Daily Values are based on a 2,000 calorie diet.



Wellness Center