

# Grace's Supermeal: Cool Couscous and Berry Healthy Dessert

**Makes:** 6 Servings

"Through our cooking camps and Kids in the Kitchen class, I was inspired to eat well and make healthy food for my own family," says Grace. "We joined Grow Ohio Valley, a group that turns vacant city lots into gardens. Each week my mom and I would pick out our vegetables. It was great to know we were eating really fresh vegetables and helping our community. As a child I always liked when my mom made couscous and this past summer I found out how easy it was to prepare. Now I have a meal that even my picky 7 year-old sister will eat. The dish can be made in less than 20 minutes and is great packed up for lunch the next day."

## Ingredients

For the Cool Couscous:

- 2 cups** low-sodium chicken broth (or water)
- 1** 10-ounce box whole-wheat couscous
- 1 tablespoon** olive oil
- 1** yellow onion, peeled and diced
- 1 bunch** asparagus, white parts removed, chopped into bite-size pieces
- 1 cup** shelled edamame
- 1/2 bunch** kale or spinach, stemmed and chopped
- 1 cup** peas
- 1 cup** green beans, stemmed and halved
- 1 pint** grape or cherry tomatoes, halved
- 1/3 cup** nonfat plain Greek yogurt
- 1** store-bought medium rotisserie chicken or two cooked chicken breasts, shredded
- Salt and freshly ground black pepper

For the Berry Healthy Dessert (not pictured):

- 3 tablespoons** butter, room temperature
- 2** ripe bananas, peeled and sliced
- 1 cup** blueberries
- 1 cup** oats
- 1/2 cup** walnuts, finely chopped (optional)



## Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	596	
Total Fat	20 g	
Protein	31 g	
Carbohydrates	79 g	
Dietary Fiber	11 g	
Saturated Fat	5 g	
Sodium	218 mg	

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

## MyPlate Food Groups

Fruits	1/2 cup
Vegetables	1 1/2 cups
Grains	1 1/2 ounces
Protein Foods	1 1/2 ounces

## Directions

1. **To make the Cool Couscous:** In a medium saucepan, bring the broth to a boil over medium--high heat. Stir in the couscous, cover, remove from heat and let stand 5 minutes. In a nonstick skillet, warm the oil over medium heat. Add the onions, asparagus, edamame, kale, peas, and green beans and cook about 6 minutes or until vegetables are tender and golden brown. Add tomatoes and stir to combine. Stir Greek yogurt into couscous, add vegetables, and season to taste with salt and pepper. Add cooked chicken and stir to combine. Serve.

2. **To make Berry Healthy Dessert:** Preheat oven to 375°F. Grease an oven--safe ceramic or glass baking dish with 1 tablespoon butter. Layer banana slices on bottom and then a layer of blueberries. In a small bowl, combine oats, walnuts, cinnamon and remaining 2 tablespoons butter, and using your fingers, crumble the butter into the mix thoroughly. Sprinkle on top of the blueberries, add a few additional berries, sprinkle sugar over the top and cook for 30 minutes, or until topping is golden.

The 2016 Healthy Lunchtime Challenge Cookbook