

Couscous with Peas and Onions

Makes: 4 servings

Couscous is cooked with sage, peas and onions for a savory side dish. Look for couscous or whole grain couscous in the aisle near the rice.

Ingredients

- 1 cup** onion (finely chopped)
- 1/2 teaspoon** sage (ground)
- 1 teaspoon** olive oil
- 1 1/3 cups** water
- 1 cup** green peas (frozen)
- 1 cup** couscous
- 1/2 teaspoon** salt (optional)

Directions

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.

Notes

Serve with lemon wedges or balsamic vinegar.

Nutrition Information

| Nutrients | Amount |
|---------------------------|--------------|
| Calories | 205 |
| Total Fat | 1 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 37 mg |
| Total Carbohydrate | 40 g |
| Dietary Fiber | 5 g |
| Total Sugars | 4 g |
| Added Sugars included | 0 g |
| Protein | 7 g |
| Vitamin D | 0 IU |
| Calcium | 31 mg |
| Iron | 1 mg |
| Potassium | 179 mg |

N/A - data is not available

MyPlate Food Groups

| | |
|--|--------------|
|  Vegetables | 1/2 cup |
|  Grains | 1 1/2 ounces |

