

Apricot Couscous

Use Whole Wheat couscous for a nutritious and speedy side dish!

1 cup whole wheat couscous
1/2 cup finely chopped onions
1/2 cup finely chopped carrots
1/2 cup finely chopped dried apricots
1/4 cup finely chopped parsley
2 tablespoons olive oil
1 can (14 1/2 oz.) fat free chicken broth
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

Finely chop onion, carrots, apricots and parsley. Heat a 3-quart saucepan over Medium heat. Add olive oil to hot pan. Saute onion and carrots in oil 5 minutes. Stir in chicken stock, apricots, salt and pepper. Bring to a boil. Stir in couscous. Remove from heat, cover and let stand 5 minutes. Fluff couscous with a fork and stir in parsley. Serve immediately.

Servings: 8

Preparation time: 10 minutes

Cooking time: 5 minutes

Ready in: 15 minutes

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	128.31
Calories From Fat (26%)	33.10
% Daily Value	
Total Fat 3.74g	6%
Saturated Fat 0.53g	3%
Cholesterol 0.00mg	0%
Sodium 165.28mg	7%
Potassium 134.79mg	4%
Carbohydrates 19.86g	7%
Dietary Fiber 1.72g	7%
Sugar 1.70g	
Sugar Alcohols 0.00g	
Net Carbohydrates 18.14g	
Protein 3.65g	7%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1 cup whole wheat couscous	1 x 1 cup of Couscous, dry
1/2 cup finely chopped onions	0.50 x 1 cup, chopped of Onions, raw
1/2 cup finely chopped carrots	0.50 x 1 cup, chopped of Carrots, raw
1/2 cup finely chopped dried apricots	0.50 x 1 cup, halves of Apricots, raw
1/4 cup finely chopped parsley	0.25 x 1 cup of Parsley, raw
2 tablespoons olive oil	2 x 1 tablespoon of Oil, olive, salad or cooking
1 can (14 1/2 oz.) fat free chicken broth	0.50 x 1 can (13.75 oz) of Soup, chicken broth, canned, prepared with equal volume water, commercial
1/4 teaspoon salt	0.25 x 1 teaspoon of Salt, table
1/4 teaspoon freshly ground black pepper	0.25 x 1 teaspoon of Spices, pepper, black

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