



Apricot Pine Nut Couscous

Makes 10 servings

Ingredients

2 cups fat-free chicken broth
1½ cups whole wheat couscous (uncooked)
½ teaspoon salt (optional)
¼ teaspoon black pepper

6 dried apricots (chopped)
3 tablespoons no-sugar-added apricot preserves
1 green onion (thinly sliced)
2 tablespoons pine nuts (toasted)

Instructions

1. In a medium saucepan, bring chicken broth to a boil. Add couscous. Cover and remove from heat. Let stand for 5 minutes and fluff with a fork.
2. Add the remaining ingredients. Toss gently to coat.

Nutrition Facts

Serving size: ½ cup; calories per serving: 115; total fat: 2g; saturated fat: 0g; cholesterol: 0mg; sodium: 105mg; carbohydrates: 22g; fiber: 2g; sugar: 4g; protein: 4g

Source: www.diabetesfoodhub.org

