



Couscous

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
6 cups	whole wheat couscous	1.25 L
10 cups	water or low-sodium broth	2.5 L

Instructions

1. In a medium saucepan, bring broth or water to a boil.
2. Stir in couscous.
3. Remove from heat, cover and let stand for 5 minutes.
4. Fluff with a fork and serve.
5. Variation: Cooked couscous can also be mixed with cooked quinoa (see Quinoa cooking instructions).

Nutrition Information	
Serving 70 g (½ cup)	
Calories	90
Fat	0 g
	Saturated 0 g
	+ Trans 0 g
Sodium	20 mg
Carbohydrates	18 g
	Fibre 1 g
	Sugars 0 g
Protein	4 g
Calcium	0 mg
Iron	0.3 mg

Food Guide Servings
1 Grain Produce