



# Couscous Pilaf

Makes: 50 child servings

## Ingredients

| Imperial Measurement | Ingredient                  | Metric Measurement |
|----------------------|-----------------------------|--------------------|
| 5 cups               | whole wheat couscous        | 1.25 L             |
| 8 cups               | water or low-sodium broth   | 2 L                |
| ¼ cup                | vegetable oil               | 60 mL              |
| 1                    | onion, finely diced         | 1                  |
| 8 stalks             | celery, finely diced        | 8 stalks           |
| 6                    | carrots, finely diced       | 6                  |
| 3                    | red peppers, finely diced   | 3                  |
| 1 tsp                | salt                        | 5 mL               |
| Optional:            | mushrooms, sliced<br>pepper |                    |

## Instructions

1. In a medium saucepan, bring broth or water to a boil. Stir in couscous.
2. Remove from heat, cover and let stand for 5 minutes. Fluff with a fork.
3. Meanwhile, heat oil in large pan. Sauté onions until soft.
4. Add remaining vegetables (including mushrooms, if using) and sauté until tender.
5. Combine couscous and sautéed vegetables. Season with salt (and pepper, if using).

| Nutrition Information |               |
|-----------------------|---------------|
| Serving 85 g (¾ cup)  |               |
| <b>Calories</b>       | 90            |
| <b>Fat</b>            | 1.5 g         |
|                       | Saturated 0 g |
|                       | + Trans 0 g   |
| <b>Sodium</b>         | 75 mg         |
| <b>Carbohydrates</b>  | 17 g          |
|                       | Fibre 1 g     |
|                       | Sugars 1 g    |
| <b>Protein</b>        | 3 g           |
| Calcium               | 10 mg         |
| Iron                  | 0.4 mg        |

| Food Guide Servings  |
|----------------------|
| ½ Vegetables & Fruit |
| 1 Grain Product      |