

FUSION

FITNESS STUDIO

NUTRITION PER SERVING:

CALORIES	141
PROTEIN	6 G
CARBOHYDRATE	28 G
TOTAL FAT	2 G

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES
(INCLUDING 10 MINUTES STANDING TIME)

YIELD: 4 SERVINGS

SERVING SIZE: ¾ C COUSCOUS

2 C LOW-SODIUM CHICKEN BROTH

1 C RAISINS

½ C WHOLE-WHEAT COUSCOUS

¼ C FRESH MINT, RINSED, DRIED, AND
CHOPPED (OR 1 TSP DRIED)

1 CAN UNSALTED SLICED ALMONDS,
TOASTED

1 TBSP MEDIUM ORANGE, RINSED, FOR

1 TBSP ZEST (USE A GRATER TO
TAKE A THIN LAYER OF SKIN OF THE
ORANGE)



ORANGE COUSCOUS WITH ALMONDS, RAISINS, AND MINT

THIS FLAVORFUL SIDE DISH GOES WELL WITH CHICKEN,
BEEF, OR LAMB

- 01** Combine chicken broth and raisins in a small saucepan. Bring to a boil over high heat.
- 02** Add couscous, and return to a boil. Cover and remove from the heat.
- 03** Let the saucepan stand for about 5 minutes, until the couscous has absorbed all of the broth.
- 04** Meanwhile, toast almonds in the toaster oven on a foil-lined tray for about 5 minutes, or until golden brown.
- 05** Remove the lid and fluff the couscous with a fork. Gently mix in the mint, almonds, and orange zest. Serve immediately.



This is a great recipe for older children to make themselves. Younger children can help measure ingredients and zest the orange.

