

VEGETABLE COUSCOUS

Taste of Home's Light & Tasty

7/20/2002

2 medium carrots, diced
½ cup diced celery
1 medium onion, diced
¼ cup julienned sweet yellow pepper
¼ cup julienned sweet red pepper
2 Tbsp olive or canola oil
1 medium zucchini, diced
¼ cup minced fresh basil or 4 tsp. Dried basil
¼ tsp garlic salt
1/8 tsp pepper
Dash hot pepper sauce
1 cup uncooked couscous
1 ½ cups chicken broth

In a large skillet, sauté the carrots, celery, onion and peppers in oil for 5-6 minutes or until crisp-tender. Add the next five ingredients: mix well, Stir in the couscous. Add broth; bring to a boil. Cover and remove from the heat. Let stand for 5-8 minutes. Fluff with a fork and serve immediately.

Yield: 4 servings

Nutritional analysis: one serving (1 ¼ cup) equals 272 calories, 8 g fat (1 g saturated fat), 0 cholesterol, 513 mg sodium, 43 g carbohydrate, 4 g fiber, 8 g protein. Diabetic Exchanges: 2 starch, 1 lean meat, 1 fat.