



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Couscous with Peas and Onions

Ingredients:

- 1 cup onion (finely chopped)
- 1/2 teaspoon sage (ground)
- 1 teaspoon olive oil
- 1 1/3 cup water
- 1 cup green peas (frozen)
- 1 cup couscous
- 1/2 teaspoon salt (optional)

Directions:

1. Combine oil and onions in heavy skillet.
2. Sauté for 5-10 minutes until lightly browned.
3. Add the peas, sage, water, couscous, and salt if desired.
4. Cover and cook on low for about 5 minutes or until peas are tender but still bright green and all of the water is absorbed.
5. Fluff with fork.

Serves 4

*190 calories, 1.5 g fat, 0 g saturated fat,
37 mg carbohydrate, 4 g fiber, 7 g protein,
45 mg sodium*

*Source: USDA MyPlate on a Budget
Cookbook*

