



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Seafood Couscous Paella

Ingredients:

- 2 teaspoons extra-virgin olive oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1/2 teaspoon dried thyme
- 1/2 teaspoon fennel seed
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- Pinch of crumbled saffron threads
- 1 cup no-salt-added diced tomatoes, with juice
- 1/4 cup vegetable broth
- 4 ounces bay scallops, tough muscle removed
- 4 ounces small shrimp, (41-50 per pound), peeled and deveined
- 1/2 cup whole-wheat couscous

Directions:

1. Heat oil in a large saucepan over medium heat. Add onion; cook, stirring constantly, for 3 minutes. Add garlic, thyme, fennel seed, salt, pepper and saffron; cook for 20 seconds.
2. Stir in tomatoes and broth. Bring to a simmer. Cover, reduce heat and simmer for 2 minutes.
3. Increase heat to medium, stir in scallops and cook, stirring occasionally, for 2 minutes. Add shrimp and cook, stirring occasionally, for 2 minutes more. Stir in couscous. Cover, remove from heat and let stand for 5 minutes; fluff.

Serves 2

407 calories, 7 g fat, 1 g saturated fat, 60 g carbohydrate, 10 g fiber, 28 g protein, 554 mg sodium

Source: Million Hearts

