

## Couscous With Toasted Pine Nuts

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*Most people are surprised to learn couscous is actually a pasta, common in the cuisines of North Africa. Quick cooking, it steams in 5 minutes off heat. One of the easiest side dishes that goes with everything, feel free to add other herbs and vary the nuts or omit them completely. Couscous, like pasta, is also available as a whole grain. Check the label to make sure.*

Serving Size: 1/2 cup

Serves: 4

### Ingredients

- 2 Tablespoons olive oil
- 1 cup chopped onion
- 1 ½ cup unsalted chicken stock or reduced sodium chicken broth
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 cup dry couscous
- ¼ cup pine nuts, toasted in a dry skillet (optional)
- ¼ cup minced fresh parsley

### Directions

- Heat the oil in a large saucepan.
- Add the onion and cook over medium heat for 10 minutes, stirring occasionally, until softened, but not browned.
- Add the chicken stock, salt, and pepper and bring to a full boil.
- Stir in the couscous, turn off the heat, cover and steam for 5 minutes.
- Fluff with a fork, stir in pine nuts and parsley and serve.

To make ahead: Sauté the onions, add the stock, salt and pepper and set aside. 15 minutes before serving, heat the onion-stock mixture and proceed with step 3.

Adapted from Ina Garten's Barefoot Contessa: How Easy Is That? p195

Per Serving: Calories:300 Saturated Fats: 2g Sodium: 194mg Added Sugars: 0g