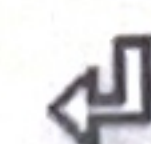


Printing instructions are at the bottom of the page

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Mexicana Couscous

Prep Time: 15 minutes

Source: Better Homes and Gardens

File Under:

Printed from BHG.com

Ingredients

- 3/4 cup chopped onion
- 2 cloves garlic, minced
- 1 tablespoon cooking oil
- 1/2 teaspoon ground cumin
- 1 cup reduced-sodium chicken broth
- 3/4 cup frozen peas
- 3/4 cup coarsely chopped tomatoes
- 2 tablespoons snipped fresh cilantro
- 3/4 cup couscous
- Fresh cilantro sprigs (optional)



Directions:

In a medium saucepan cook onion and garlic in hot oil over medium heat until tender. Stir in cumin; cook for 30 seconds. Carefully add broth, peas, tomato and cilantro. Bring mixture to boiling; stir in couscous. Remove from heat. Cover; let stand for 5 minutes. Fluff with a fork before serving. Garnish with cilantro sprigs, if desired. Makes 6 side-dish servings.

Nutritional facts per serving

calories: 134 , total fat: 3g , saturated fat: 0g , cholesterol: 0mg , sodium: 124mg , carbohydrate: 23g , fiber: 6g , protein: 4g , vitamin A: 15% , vitamin C: 13% , calcium: 1% , iron: 5%