



Couscous with Cranberries, Mint and Pine Nuts

Fluffy couscous with fresh herbs, toasted pine nuts and tart cranberries

Yield: 8

1-1/2 cup	Dried Cranberries
2 Tbsp	Fresh Lemon Juice
1 Tbsp	Olive Oil
1/4 tsp	Kosher Salt
2 cup	Boiling Water
2 tsp	Ground Cinnamon
1 cup	Couscous
2 Tbsp	Chopped Fresh Mint
2 Tbsp	Fresh Chopped Parsley
1/4 cup	Pine Nuts



In a large bowl, combine couscous with cinnamon, cranberries, salt, oil and lemon juice. Add boiling water, cover bowl and let everything steam for 10-15 minutes.

Toast pine nuts until golden brown; set aside until ready for use.

Separate the couscous with a fork and fold in the fresh chopped herbs and toasted pine nuts.

Chef's Note: Pine nuts are expensive nuts so be careful when toasting them. Best is to toast in a medium hot dry skillet until golden brown and do not leave them unattended. Toasted chopped pecans are a great alternative in this dish.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sat Fat (g)
218.4	3.7	42.1	5.1	0	79.6	3.3	0.5