

ORANGE SWEET POTATO COUSCOUS

Orange Sweet Potato Couscous

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 7 (Serving= 1/2 cup)

Nutrition (per serving)

Calories: 158

Total Carbohydrate: 31

Total Fat: 3 g

Dietary Fiber: 3 g

Saturated Fat: 0 g

Protein: 4 g

Sodium: 173 mg

Ingredients

- 1 Tablespoon + 1 teaspoon olive oil, divided
- 1 medium sweet potato, scrubbed and cubed
- 1 teaspoon black pepper, divided
- 1 cup water
- ½ teaspoon salt
- 2/3 cup whole wheat couscous
- 2/3 cup fresh squeezed orange juice (equivalent to juice from 2 oranges)
- 1/3 cup chopped green onion
- 1/3 cup dried cranberries

Directions

1. Heat 1 Tablespoon olive oil over medium heat in medium saucepan. Add cubed sweet potato and sprinkle with $\frac{1}{2}$ teaspoon pepper. Cook covered for 6 minutes, stirring every 1-2 minutes.
2. While sweet potatoes are cooking, bring water, salt, and 1 teaspoon olive oil to a boil. Add couscous, stir quickly, and immediately remove from heat. Let stand for 4-5 minutes or until all water is absorbed.
3. Add orange juice, green onion, dried cranberries, sweet potatoes, and $\frac{1}{2}$ teaspoon pepper to couscous. Mix well and serve while warm.