

SOUTHWEST COUSCOUS WITH BLACK BEANS



SERVES: 4

PREP TIME: 3 MINUTES

COOKING TIME: 6 MINUTES

DIFFICULTY: EASY

Comments

This is a quick and simple side dish. It goes well with dishes you might also serve with rice but cooks up quicker than most rice. You could also add green chilies or chopped red peppers to this.

Ingredients

- 2 teaspoons olive oil
- 1 tablespoon garlic, bottled minced
- 1/2 onion(s), medium, chopped
- 1 cup black beans, unsalted and fat free, drained
- 1 1/4 cups vegetable broth, reduced sodium
- 1 teaspoon cumin, ground
- 1 cup couscous, whole wheat, dry
- 1/4 cup avocado(s), Haas or any
- 1/4 cup cilantro, fresh, chopped

Preparation

1. In a medium saucepan, heat oil over medium high heat.
2. Add onions and stir, cooking for about a minute or so.
3. Add garlic and stir, cook for about 1 minute.
4. Add broth and cumin and bring to a low boil.
5. Add the couscous and black beans and stir.
6. Cover with lid and remove from the heat, allowing to sit for 5 minutes.
7. Fluff it up with a fork and garnish with chopped avocado and cilantro before serving.

Nutrition

Per Serving: 220 calories, 5 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol 8 g protein, 36 g carbohydrates, 8 g dietary fiber, 55 mg sodium.

Exchanges: 2 starch, 0.5 vegetable, 1 fat, Carb Choices: 2

Recipe from: http://www.thediabeticskillet.com/recipe.php?recipe_id=352&recipe-name=Southwest-Couscous-with-Black-Beans