



Niagara County Office for the Aging
111 Main Street, Suite 101
Lockport, NY 14094
Eat Well...Stay Well Dining Program
439-4030

*Recipe provided by Niagara County Office for the Aging,
Eat Well...Stay Well Dining Program*

Couscous with Dried Fruit and Nuts

1 Box Near East Couscous (5.6 ounce) with dried herbs that are inside it
(or any variety)

1 cup chicken broth, 1 cup water

2 T. Olive Oil

1 minced shallot or small onion

½ cup golden raisins

½ cup dried cranberries

½ cup toasted slivered almonds

½ cup toasted pine nuts

Zest and juice of 1 fresh lemon

Fresh ground pepper and sea salt to taste

Sauté shallot or onion in 2 T. olive oil. Add soup herbs and couscous. Add chicken broth, water, pepper and simmer with lid on for approx. 8-10 minutes. Stir every couple of minutes with a spatula.

Take off heat and stir in dried fruits (put lid on). Let sit 10-20 minutes. Add lemon juice and lemon zest and toss.

Chill in refrigerator. Add toasted nuts before serving.

Makes 6- 2/3rds cup servings.