



## Fall Couscous

Serves: 5-6

### Ingredients:

2 Tbsp	Olive oil
2 Cloves	Garlic, minced
1 Each, small	Onion, small diced
1 Cup	Vegetable broth, low sodium
¼ tsp	Cinnamon
1 Tbsp	Honey
1 Cup	Couscous, whole wheat
1 Each, small	Red Pepper, small dice
1 Cup	White bean, drained and rinsed
1 Cup	Butternut, small diced, roasted
2 Tbsp	Thyme, fresh
¼ Cup	Walnuts, chopped
To taste	salt and pepper

### Method of Preparation:

- 1) Place oil in medium sized pot and heat over medium-high heat. Once hot, add in garlic and onions and sauté until onions become slightly translucent, about 2 minutes. Stir often to avoid burning.
- 2) Add in the stock, cinnamon and honey and bring to a boil. Once boiling, stir in couscous, red peppers, white beans and butternut and cover. Shot off heat and allow to sit, covered for 5 minutes.
- 3) After 5 minutes, stir in thyme and walnuts and enjoy.

### Nutritional Information- Per Serving:

Calories:	210	Sodium:	30mg	Vitamin A:	60%
Cal from Fat:	80g	Carbohydrates:	29g	Vitamin C:	40%
Total Fat:	9g	Fiber:	5g	Calcium:	4%
Saturated Fat:	1g	Sugar	5g	Iron:	8%
Cholesterol:	0mg	Protein:	6g		



\*This recipe uses RI Grown garlic, onion, thyme, red pepper, and butternut!