



# WESTERN WISCONSIN HEALTH

## CUMIN SQUASH COUSCOUS SALAD

- 3 T. olive oil
- 3 C. small dice butternut squash
- 2 tsp. ground cumin
- Salt
- Freshly ground black pepper
- 2 1/4 C. vegetable broth or water
- 1 1/2 C. whole wheat couscous
- 3 thinly sliced medium scallions
- 1/2 C. coarsely chopped, roasted salted almonds

<b>Nutrition Facts</b>	
Serving Size (228g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 370	<b>Calories from Fat</b> 160
% Daily Value*	
<b>Total Fat</b> 18g	<b>28%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Total Carbohydrate</b> 47g	<b>16%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 4g	
<b>Protein</b> 11g	
Vitamin A 60%	• Vitamin C 10%
Calcium 8%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Heat oil in a large frying pan over medium heat. When it shimmers, add squash and cumin; season with salt and pepper and stir to combine. Cook until squash is browned and fork tender, about 30 minutes; set aside. Bring broth or water to a boil; pour over couscous. Stir in reserved squash; cover and set aside until couscous is tender and liquid has been absorbed, about 5 to 10 minutes. Stir in scallions and almonds.

**NUTRITION FACTS:** Serving size: 1 1/4 cups per serving, 6 servings