



Couscous with Butternut Squash & Pine Nuts

Prep: 25 minutes

Cook: 20 minutes • Serves: 4

- 1 tablespoon butter
- 1 teaspoon olive oil
- 1 cup diced yellow onion
- 1 teaspoon minced garlic
- 1½ cups peeled and diced butternut squash
- 2 cups less-sodium chicken broth
- 1 box (10 ounces) plain couscous
- ½ cup sliced green onions
- ¼ cup toasted pine nuts
- 1 tablespoon chopped fresh parsley leaves
- 1 teaspoon finely chopped fresh rosemary leaves
- ¼ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ¼ cup shaved Parmesan cheese (optional)

1. In large saucepot, heat butter and oil over medium heat. Add onion and garlic, and cook 4 to 5 minutes or until onion is soft. Reduce heat to medium-low. Add squash and partially cover pot. Cook 8 to 10 minutes or until squash is just tender, stirring occasionally.

2. Add broth and bring to a boil. Stir in couscous, green onions, pine nuts, parsley and rosemary. Remove from heat; cover and let stand 7 to 8 minutes or until couscous is tender.

3. Fluff couscous with fork, and stir in salt and pepper. Serve immediately topped with cheese curls, if desired.

Approximate nutritional values per serving:

361 Calories, 10g Fat (3g Saturated), 8mg Cholesterol, 396mg Sodium, 60g Carbohydrates, 4g Fiber, 13g Protein