

Dried Fruit Couscous

4 servings

Ingredients

3 cups water, divided
3 tablespoons sugar
3 tablespoons honey
32 dried apricot halves (about 5 1/2 ounces)
2 1/2 teaspoons grated orange rind
1 teaspoon fresh lemon juice
1 (3-inch) cinnamon stick
1 cardamom pod (optional)
1/3 cup fresh orange juice
2 tablespoons chopped pitted dates
1/2 cup uncooked couscous
1/8 teaspoon salt
2 tablespoons chopped fresh mint

Method

1. Combine 2 cups water, sugar, and honey in a medium saucepan. Bring to a boil.
2. Stir in apricots, rind, lemon juice, cinnamon, and cardamom, if desired. Reduce heat, and simmer 25 minutes. Cool.
3. Remove apricots with a slotted spoon; set aside. Strain syrup through a sieve into a large bowl; discard solids.
4. Add orange juice and dates to syrup; cover and chill.
5. Bring 1 cup water to a boil in pan; gradually stir in couscous and salt. Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Cool completely.
6. Spoon 1/2 cup couscous into each of 4 bowls.
7. Arrange 8 apricot halves over couscous; sprinkle with 1 1/2 teaspoons mint.
8. Spoon 1/2 cup syrup over each serving.

Nutrition Facts	
Serving Size approx 1 cup (286g)	
Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 65g	22%
Dietary Fiber 5g	20%
Sugars 42g	
Protein 4g	
Vitamin A 30%	• Vitamin C 25%
Calcium 4%	• Iron 8%
*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	