

## Vegetable Couscous

*Carrots and zucchini seasoned with turmeric, coriander and red pepper top off quick-cooking couscous.*

1 tablespoon olive or vegetable oil  
1 medium onion, sliced  
2 garlic cloves, finely chopped  
4 medium carrots, sliced (2 cups)  
2 medium zucchini, sliced (4 cups)  
1 can (15 to 16 ounces) garbanzo beans, undrained  
1 teaspoon ground coriander  
1 teaspoon vegetable or chicken bouillon granules  
1/2 teaspoon salt  
1/4 teaspoon ground turmeric  
1/8 teaspoon ground red pepper (cayenne)  
6 cups hot cooked couscous

1. Heat oil in 3-quart saucepan over medium-high heat. Cook onion and garlic in oil about 3 minutes, stirring occasionally, until onion is tender.
2. Stir in remaining ingredients except couscous. Heat to boiling; reduce heat. Cover and simmer 12 to 15 minutes or until vegetables are crisp-tender. Serve over couscous.

**Per Serving:** Calories 330 (Calories from Fat 45 ); Total Fat 5 g (Saturated Fat 1 g);  
Cholesterol 0mg; Sodium 520 mg; Total Carbohydrate 67 g (Dietary Fiber 10 g); Protein  
14 g

**% Daily Value:** Vitamin A 84 %; Vitamin C 8 %; Calcium 6 %; Iron 16 %

**Exchanges:** 3 1/2 Starch; 2 Vegetable