



**BOD BY TODD**

**Fitness Coaching**

*"Don't Be Average, Be Fit"*

### NUTRITION PER SERVING:

<b>CALORIES</b>	141
<b>PROTEIN</b>	6 G
<b>CARBOHYDRATE</b>	28 G
<b>TOTAL FAT</b>	2 G

**PREP TIME:** 10 MINUTES

**COOK TIME:** 20 MINUTES  
(INCLUDING 10 MINUTES STANDING TIME)

**YIELD:** 4 SERVINGS

**SERVING SIZE:**  $\frac{3}{4}$  C COUSCOUS

**2 C** LOW-SODIUM CHICKEN BROTH

**1 C** RAISINS

**$\frac{1}{2}$  C** WHOLE-WHEAT COUSCOUS

**$\frac{1}{4}$  C** FRESH MINT, RINSED, DRIED, AND  
CHOPPED (OR 1 TSP DRIED)

**1 CAN** UNSALTED SLICED ALMONDS,  
TOASTED

**1 TBSP** MEDIUM ORANGE, RINSED, FOR

**1 TBSP** ZEST (USE A GRATER TO  
TAKE A THIN LAYER OF SKIN OF THE  
ORANGE)



## ORANGE COUSCOUS WITH ALMONDS, RAISINS, AND MINT

THIS FLAVORFUL SIDE DISH GOES WELL WITH CHICKEN,  
BEEF, OR LAMB

- 01 Combine chicken broth and raisins in a small saucepan. Bring to a boil over high heat.
- 02 Add couscous, and return to a boil. Cover and remove from the heat.
- 03 Let the saucepan stand for about 5 minutes, until the couscous has absorbed all of the broth.
- 04 Meanwhile, toast almonds in the toaster oven on a foil-lined tray for about 5 minutes, or until golden brown.
- 05 Remove the lid and fluff the couscous with a fork. Gently mix in the mint, almonds, and orange zest. Serve immediately.



This is a great recipe for older children to make themselves. Younger children can help measure ingredients and zest the orange.

