

# Veggie Couscous

## Ingredients

2 t canola oil  
1/2 medium onion, thinly sliced  
2 c 1/2" sweet potato cubes (~1 medium sweet potato)  
1/4 t salt  
1 t Mrs. Dash seasoning (any flavor)  
1.5 c 1/2" zucchini cubes (~1 medium zucchini)  
1/2 cup vegetable broth  
1/3 cup water  
3 cups chopped fresh kale or other greens  
3/4 cup dry couscous



## Preparation

Heat the canola oil in a large nonstick skillet over medium high heat. Add chopped onions and sweet potato and sauté covered on medium-high heat for 4-5 minutes. Add salt, Mrs. Dash, zucchini, vegetable broth, and water, cover, and bring to a boil. When sweet potato is tender enough to eat, turn off heat, add kale and couscous, mix well, and cover for 5 minutes.

**Yield:** 4 servings

*per serving: 220 Calories | 3g Fat | 6g Protein | 43g Carbohydrates | 5g Dietary Fiber | 310mg Sodium*

*Daily Values: Excellent source of Vitamins A and C*