

## Couscous with Vegetables

Portions: 5 servings

Serving Size: ½ cup

### Ingredients

- 1 tablespoon margarine or butter
- ½ cup frozen peas, thawed
- ½ cup onion, minced
- ¼ cup fresh mushrooms, thinly sliced
- ½ teaspoon crushed garlic or ¼ teaspoon garlic powder
- ½ teaspoon dried basil
- Pinch of black pepper
- 2 tablespoons fresh parsley, minced
- ½ cup uncooked white couscous

### Preparation

- In a non-stick pan, melt margarine or butter
- Add peas, onions, mushrooms and garlic. Saute for 5 minutes, stirring often.
- Add spices and parsley and stir well. Remove from heat and set aside.
- Prepare couscous according to package directions.
- In a large bowl, toss vegetable mixture with prepared couscous. Serve immediately.

### Renal and renal diabetic food choices:

1 starch, ½ vegetable, low potassium

### Nutrients per serving (1/2 cup):

104 calories, 3 grams protein, 18 grams carbohydrates, 2 grams fat,  
33 mg sodium, 100 mg potassium, 52 mg phosphorus

Adapted from Davita.com

