

Garlicky Couscous



1 ¼ Cups water
1 Tbsp Best Quality Olive Oil
½ tsp Sea Salt
2 Large Cloves Garlic, peeled and crushed
1 Cup Whole Wheat Couscous Grains
1 small red pepper roasted and diced
2 Tbsp fresh basil
Fresh ground black pepper

Calories: 205
Protein: 5g
Carbs: 37g
Fiber: 3g
Sugar: .05g
Fat: 3g
Sodium: 32mg

Preparation:

1. In a medium sauce pan combine 1 ¼ cup water, oil, salt and garlic. Bring to a boil. Stir in couscous. Remove from heat. Cover and let stand for 5 minutes.
2. Fluff with a fork. Remove garlic cloves and stir in red peppers and fresh basil. Season with pepper and serve with any meat.