

From Lisa's Kitchen: Couscous Pilaf

Almonds are an excellent source of unsaturated fat, and can help reduce bad cholesterol levels. Onions can also help reduce cholesterol and blood pressure. This recipe is easily multiplied.

Couscous Pilaf

Serves 2

¼ cup slivered almonds	½ cup uncooked whole wheat couscous
2 teaspoons extra virgin olive oil	¾ cup water
1 small onion, chopped	¼ cup chopped fresh parsley

In a small dry skillet, toast the almonds over medium heat, being careful not to let them burn. Set aside.

In a medium saucepan, heat the olive oil over medium heat. Add the onion and cook until softened, about 5 minutes. Add the dry couscous and stir to toast evenly, about 2 minutes. Add water, bring to a boil. Cover, remove from heat and let sit for 5 minutes. Add fresh parsley and stir to blend. Top with toasted almonds.