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| **Kate's Kale Couscous**  **http://allrecipes.com/Recipe-Tools/Print/Recipe.aspx?recipeID=231481&origin=detail&servings=4&metric=false** |  |

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| recipe image | |  |  | | --- | --- | | **Rated:** | rating |   **Submitted By:**ScoGold  **Photo By:**Dansp91   |  |  | | --- | --- | | **Prep Time:**15 Minutes  **Cook Time:**5 Minutes | **Ready In:**25 Minutes  **Servings:**4 | |

"Whole wheat couscous, kale, cannellini beans, and almonds make a hearty vegetarian meal even meat-eaters will enjoy."

**INGREDIENTS:**

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| 1 cup water  2 tablespoons butter  1 cup whole wheat couscous  2 tablespoons extra-virgin olive oil  1 (15 ounce) can cannellini beans,  drained and rinsed | 1 cup chopped kale  4 cloves garlic, chopped  1/4 cup whole salted almonds, halved  1/4 cup grated Parmesan cheese  salt and freshly ground black pepper to  taste |

**DIRECTIONS:**

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| **1.** | Bring water and butter to a boil in a saucepan; remove from heat. Add couscous and stir well. Cover saucepan and let couscous sit until water is absorbed, about 5 minutes. Fluff couscous with a fork. |
| **2.** | Heat olive oil in a skillet over medium heat; cook and stir cannellini beans, kale, and garlic in the hot oil until kale is wilted, 5 to 10 minutes. Mix kale mixture into couscous; fold in almonds. |
| **3.** | Spoon couscous mixture into 4 serving bowls; top with Parmesan cheese. Season with salt and black pepper. |

**Nutrition  
Information**

Servings Per Recipe: 4

**Calories**: 432

Amount Per Serving

* **Total Fat:**19.2g
* **Cholesterol:**20mg
* **Sodium:**449mg

Amount Per Serving

* **Total Carbs:**51.1g
* Dietary Fiber: 7.4g
* **Protein:**13.9g