



## Healthy Recipe



### FALL COUSCOUS

2 tbsp	olive oil	1	small <b>RI-grown</b> red pepper, diced
2 cloves	<b>RI-grown</b> garlic, minced	1 cup	white beans, drained & rinsed
1	small <b>RI-grown</b> onion, diced	1 cup	<b>RI-grown</b> butternut squash, roasted and diced
1 cup	low-sodium vegetable broth		fresh thyme
1/4 tsp	cinnamon	2 tbsp	walnuts, chopped
1 tbsp	honey	1/4 cup	salt and pepper
1 cup	whole wheat couscous	to taste	

1. Heat olive oil in medium pot over medium-high heat; once oil is hot, add garlic and onions and sauté until onions become slightly translucent, about 2 minutes, stirring often.
2. Add broth, cinnamon and honey and bring mixture to a boil. Once boiling, stir in couscous, red peppers, white beans and butternut. Cover pot, turn off heat and allow to sit for 5 minutes until couscous is cooked..
3. Stir in thyme and walnuts, and enjoy!

## Nutritional Information

**Per serving (6 servings in recipe):**

Calories:	267	Vitamin A:	86%
Cal from Fat:	70	Vitamin C:	40%
Total Fat:	8 g	Calcium:	7%
Saturated Fat:	1 g	Iron:	12%
Cholesterol:	0 mg		
Sodium:	197 mg		
Carbohydrates:	42 g		
Fiber:	5 g		
Sugar:	5 g	Percent Daily Values are based on a	
Protein:	8 g	2000 calorie-per-day diet	

**GET FRESH.  
BUY LOCAL.**

Your purchase of  
RI grown and raised foods

**SUPPORTS**

the local economy,

**HELPS**

to preserve open space

and **CONTRIBUTES**

to a

sustainable food system.

Please visit us at

[www.kidsfirstri.org](http://www.kidsfirstri.org) and [www.realfoodfirst.org](http://www.realfoodfirst.org)