Tuscan White Bean Couscous

Serves 4. Total time 30 minutes.

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1 T. olive oil
5 garlic cloves, chopped
1 cup sliced mushrooms (4 ounces)
1 zucchini, chopped
1 yellow pepper, chopped
1 tomato, chopped
2 cups cooked navy beans

¼ cup fresh chopped basil
freshly ground black pepper to taste
1 cup reduced-sodium vegetable broth
½ cup water
1 cup whole wheat couscous
3 T. lemon juice
½ cup grated Parmesan cheese

Directions:
1. Warm oil in a large skillet over medium-high heat. Add the garlic and mushrooms and sauté until the mushrooms are tender, about 3 minutes. Add the zucchini, yellow pepper, tomato, and beans and sauté for 5 minutes or until the vegetables are just tender. Stir in the basil and black pepper.

2. Meanwhile bring the broth and water to a boil in a medium saucepan. Stir in the couscous and cover. Remove from heat and allow to sit for 5 minutes. Remove the lid, fluff with a fork, and drizzle with the lemon juice. Stir the vegetables into the couscous and top with the Parmesan cheese before serving.

Total Meal Nutrition Information (per ½ recipe): 285 calories, 15 g protein, 7 g fat, 2 g saturated fat, 43 g carbohydrate, 11 g fiber, 9 mg cholesterol, 165 mg sodium

1 serving equals: 1 whole grain, 1 protein/dairy, 3 vegetable, 1 fat


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Shopping List

**Produce Section**
- 1 cup sliced mushrooms (4 ounces)
- 1 zucchini, chopped
- 1 yellow pepper, chopped (see tip #1)
- 1 tomato, chopped
- ½ cup fresh chopped basil
- 5 garlic cloves, chopped
- 3 T. lemon juice (juice of 1 lemon)

**Dry Goods Section**
- 1 pkg. dried navy beans prepared ahead or 1 (15 oz.) can navy beans (see tip #2)
- 1 cup whole wheat couscous
- 1 T. olive oil
- 1 cup reduced-sodium vegetable broth

**Meat/ Dairy Section**
- ½ cup grated Parmesan cheese

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Smart Shopper Tip #1:
Bell peppers come in green, red, yellow, orange, brown, and purple varieties. Green and red peppers are actually the same variety—green are picked earlier while red are picked later. Different varieties can be used interchangeably in recipes.

Smart Shopper Tip #2:
Since canned beans tend to be a little high in sodium, drain and rinse them well to reduce the sodium content. Another option is to cook dried beans with very little salt. They can be drained and refrigerated or frozen for later use.