

Lemon Couscous with Asparagus and Cherry Tomatoes

(Makes four servings)

Ingredients:

- 1 teaspoon extra virgin olive oil
- 3 scallions, white parts and 2 inches of the green, thinly sliced
- 1 garlic clove, minced
- ½ pound asparagus, tough ends removed, sliced into 1-inch pieces
- 1 cup whole wheat couscous
- 1 cup fat-free, reduced-sodium chicken broth
- 3 tablespoons fresh lemon juice
- 2 teaspoons grated lemon zest
- 2 cups cherry tomatoes, halved (about 18, or 2/3 pound)
- ¼ cup shredded fresh basil
- 1 tablespoon lightly toasted flax seeds, coarsely ground



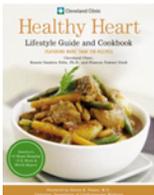
Directions:

1. Heat the oil in a deep nonstick skillet. Add the scallions, garlic, and asparagus. Cook, stirring, until the asparagus is crisp-tender.
2. Add the couscous, broth, lemon juice, and zest. Bring to a boil, lower the heat, cover and simmer for 5 minutes.
3. Remove from heat and fold in the tomatoes, basil, and flax seeds. Cover for 5 minutes and fluff with a fork.

Nutritional Analysis: (per serving)

- Calories: 160
- Total fat: 2.5 g
- Saturated Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 120 mg
- Protein: 7 g
- Carbohydrate: 31 g
- Total Fiber: 7 g

Source:



“Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook”

This heart-healthy recipe and more than 150 others are available from the nation’s #1 heart center in the “Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook” (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.