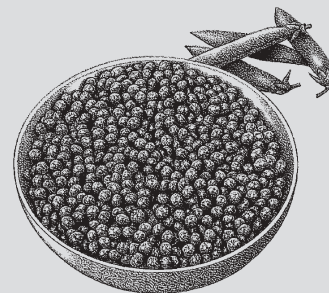


# COUSCOUS WITH PEAS AND ONIONS

Serves: 4

1 cup onions, finely chopped	1/2 teaspoon ground sage
1 teaspoon olive oil	1 1/3 cup water
1 cup green peas, frozen	1 cup couscous
1/2 teaspoon salt (optional)	



1. Combine oil and onions in heavy skillet.
2. Sauté for 5-10 minutes until lightly browned.
3. Add the peas, sage, water, couscous, and salt if desired.
4. Cover and cook on low for about 5 minutes or until peas are tender but still bright green and all of the water is absorbed.
5. Fluff with fork.
6. Serve with lemon wedges or balsamic vinegar.

## TIP:

- Couscous is a tiny grain-shaped pasta from North Africa, often eaten with meat or vegetables.

**Nutrition Facts:** Serving size: 1 cup; Calories: 220; Fruits and Vegetables: 1/2; Fat: 1.5g; Fiber: 5g

*U.S. Department of Agriculture cooperating. UMass Extension offers educational programs, materials and employment.*

