

Couscous Stuffed Onions FIT

Serving size: 1 each

Makes 6 servings

- 6 ea Spanish Onions
- 1 TBSP Canola Oil
- 1 TBSP Garlic, chopped
- ½ cup Celery, chopped
- 1 cup Apples, peeled and diced
- 1 cup Mushrooms, sliced
- 1 ½ tsp Cumin
- 2 ½ cups Low Sodium Vegetable Broth
- 1 ½ cups Couscous
- ¼ cup Raisins
- 1 TBSP Parsley, chopped
- ½ cup Kalamata Olives, chopped
- ½ tsp Salt
- As need Pan Spray

Preparation:

1. Remove the outer peel from the onion, leaving root intact. Place in roasting pan with a few inches of water, cover with tin foil and roast at 350°F for 1 hour. Remove and turn the onions. Cover and continue to roast for 1 hour more. Remove the onions and let cool.
2. Using a paring knife or your fingers, gently carve out the inner layer of onions, leaving the outer few layers of onions intact. Dice inner layers of onions and reserve.
3. In a sauté pan add oil. Once hot, add garlic, celery, apples, and mushrooms until softened. Add the cumin and sauté until fragrant. Add the vegetable broth and bring to a simmer.
4. Add the couscous, remove from heat, stir and cover. Let sit for 5 minutes. Uncover and fluff with a fork.
5. Add the raisins, parsley, olives, salt, and the reserved chopped onions.
6. Prepare sheet pans with spray oil. Stuff each onion with approximately 6 ounces of the couscous mixture, place on sheet pan.
7. Bake in a 350°F oven until heated through.



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NUTRITION FACTS PER SERVING

calories	300
total fat (g)	5
saturated fat (g)	<1
trans fat (g)	0
sodium (mg)	410
total carbohydrate (g)	57
dietary fiber (g)	6
sugar (g)	1
protein (g)	9