

# Pear Almond Couscous

24 Servings



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

## Ingredients

3 to 6 cups chicken stock\*  
4 ounces (2/3 cup) raisins  
3 tablespoons unsalted butter  
1 tablespoon ground cumin  
1 tablespoon kosher salt  
1 teaspoon freshly ground black pepper  
3 cups couscous  
1-1/2 pounds Pacific Northwest Canned Pears, diced, drained  
1/3 cup coarsely chopped cilantro  
3 tablespoons freshly squeezed lemon juice  
1 cup lightly toasted sliced almonds

## Method

Combine the stock, raisins, butter, cumin, salt and pepper and a large pan and bring to a boil over medium heat. Remove the pan from the heat and stir in couscous, pears, cilantro and lemon juice. Cover tightly and let sit 10 minutes.

Remove the cover and use a fork to fluff the couscous. Sprinkle with almonds and serve immediately or keep warm and garnish with almonds just before serving.

\* Different brands of couscous require different amounts of liquid. Consult your package for exact amounts.

## Servings

Makes 24 (1/2 cup) servings

## Nutrition

<i>Calories</i>	151
<i>Calories from Fat</i>	33
<i>Fat</i>	4g
<i>Saturated Fat</i>	1g
<i>Cholesterol</i>	4mg
<i>Sodium</i>	436mg
<i>Carbohydrate</i>	26g
<i>Dietary Fiber</i>	2g
<i>Sugar</i>	7g
<i>Protein</i>	4g
<i>Vitamin A</i>	2% DV
<i>Vitamin C</i>	2% DV
<i>Calcium</i>	2% DV
<i>Potassium</i>	3% DV
<i>Iron</i>	4% DV