



Grace's Supermeal: Cool Couscous and Berry Healthy Dessert

Makes: 6 Servings

"Through our cooking camps and Kids in the Kitchen class, I was inspired to eat well and make healthy food for my own family," says Grace. "We joined Grow Ohio Valley, a group that turns vacant city lots into gardens. Each week my mom and I would pick out our vegetables. It was great to know we were eating really fresh vegetables and helping our community. As a child I always liked when my mom made couscous and this past summer I found out how easy it was to prepare. Now I have a meal that even my picky 7 year--old sister will eat. The dish can be made in less than 20 minutes and is great packed up for lunch the next day."

Ingredients

For the Cool Couscous:

Nutrition Information

Nutrients	Amount
Calories	596
Total Fat	20 g
Saturated Fat	5 g
Cholesterol	43 mg
Sodium	218 mg
Total Carbohydrate	79 g
Dietary Fiber	11 g
Total Sugars	14 g
Added Sugars included	1 g
Protein	31 g
Vitamin D	0 mcg
Calcium	129 mg
Iron	4 mg
Potassium	1035 mg

N/A - data is not available

MyPlate Food Groups

■ Fruits	1/2 cup
■ Vegetables	1 1/2 cups
■ Grains	1 1/2 ounces
■ Protein Foods	1 1/2 ounces

2 cups low--sodium chicken broth (or water)

1 10--ounce box whole--wheat couscous

1 tablespoon olive oil

1 yellow onion, peeled and diced

1 bunch asparagus, white parts removed, chopped into bite--size pieces

1 cup shelled edamame

1/2 bunch kale or spinach, stemmed and chopped

1 cup peas

1 cup green beans, stemmed and halved

1 pint grape or cherry tomatoes, halved

1/3 cup nonfat plain Greek yogurt

1 store--bought medium rotisserie chicken or two cooked chicken breasts, shredded

Salt and freshly ground black pepper

For the Berry Healthy Dessert (not pictured):

3 tablespoons butter, room temperature

2 ripe bananas, peeled and sliced

1 cup blueberries

1 cup oats

1/2 cup walnuts, finely chopped (optional)

1 1/2 teaspoons cinnamon

1 teaspoon sugar

Directions

1. To make the Cool Couscous: In a medium saucepan, bring the broth to a boil over medium--high heat. Stir in the couscous, cover, remove from heat and let stand 5 minutes. In a nonstick skillet, warm the oil over medium heat. Add the onions, asparagus, edamame, kale, peas, and green beans and cook about 6 minutes or until vegetables are tender and golden brown. Add tomatoes and stir to combine. Stir Greek yogurt into couscous, add vegetables, and season to taste with salt and pepper. Add cooked chicken and stir to combine. Serve.

2. To make Berry Healthy Dessert: Preheat oven to 375°F. Grease an oven--safe ceramic or glass baking dish with 1 tablespoon butter. Layer banana slices on bottom and then a layer of blueberries. In a small bowl, combine oats, walnuts, cinnamon and remaining 2 tablespoons butter, and using your fingers, crumble the butter into the mix thoroughly. Sprinkle on top of the blueberries, add a few additional berries, sprinkle sugar over the top and cook for 30 minutes, or until topping is golden.

Notes

State: West Virginia

Child's Name: Grace Landini, 12

Source: The 2016 Healthy Lunchtime Challenge Cookbook