



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Cauliflower and Couscous Pilaf

Prep Time: 10 mins

Cook Time: 10 mins

Rest Time: 5 mins

Total Time: 25 mins

Ingredients

- 1 tablespoon oil, olive, extra virgin
- 4 cup(s) cauliflower, finely chopped florets
- 1/2 teaspoon salt
- 3/4 cup(s) broth, reduced-sodium chicken
- 1 teaspoon orange peel (zest), grated
- 1/4 cup(s) orange juice
- 1/4 cup(s) currants, dried
- 2/3 cup(s) couscous, whole-wheat
- 1/2 cup(s) scallion(s) (green onions), greens, sliced

Preparation

- a. Heat oil in a large saucepan over medium heat. Add cauliflower and salt; cook, stirring, until softened, about 3 minutes.
- b. Add broth, orange zest, juice and currants; bring to a boil over high heat. Stir in couscous and scallions.
- c. Remove from heat and let stand, covered, until the liquid is absorbed, about 5 minutes. Fluff with a fork.