

LOVE STARTS IN THE KITCHEN – THE BEST DOCTOR IS THE COOK!™

COUSCOUS TWO WAYS FOR A FABULOUS NEW YEARS BUFFET

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This platter makes a beautiful presentation, and the best part is you have almost everything here: the chicken is the protein portion of the meal, the couscous and chick peas the carbohydrate (and also the protein even if you leave the chicken out), and the bed of mixed greens that the couscous is on, well, that's your salad greens!

I like to use whole wheat couscous – it cooks in the same 5 minutes as regular, but you get a bonus of whole wheat that is not stripped of vitamins. Plus whole wheat foods are processed more slowly in the body, so you don't get a surge of carbs too quickly.

And remember, all of the ingredients can be organic if you buy these at Susan's Natural World, your source for good, healthy food!

WHOLE WHEAT COUSCOUS WITH CHICK PEAS & GREENS

1 cup Cous Cous
1 teaspoon garlic
Shake of red pepper flakes
1 can chick peas, drained
2 cups Vegetable or chicken broth
Freshly grated Parmesan or Romano cheese
Opt: Tomato wedges, sliced green onions

Sauté garlic, red pepper flakes and chick peas in a small amount of olive oil just until fragrant. Now add the broth. Bring that to a boil. Stir in Cous Cous. Put lid on and turn heat off. After 5 minutes, check to see if liquid has been absorbed. When it has, fluff Cous Cous up with a fork. Pour onto bed of mixed greens surrounded by chicken if you are serving that. Sprinkle with garnishes and serve. Serves 2-4.

SEE RITA!

I'll be at Macy's Kenwood Saturday from 11-2. Stop by and get a bite to eat, along with a wonderful recipe and some good advice on housewares.

READ RITA!

My books *Gifts without Ribbons*, *Culinary Herbs that Heal Body and Soul*, *The Official Snack Guide for Beleaguered Sports parents and Sports Nutrition for Dummies* (I developed the recipes) are available at Susan's Natural World

RITA'S YUMMY BREAD BLENDS!

Buy them at Susan's Natural World.

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