

Pomegranate Pistachio Couscous

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1 1/2 cups water
1/4 teaspoon cinnamon
1 cup couscous
2 tablespoons chopped mint or cilantro
2 tablespoons chopped unsalted pistachios
1/4 cup pomegranate seeds
2 teaspoons lemon zest
1 tablespoon olive oil

To boiling water add cinnamon, olive oil and salt. Stir in the couscous, cover and remove from the heat. Let stand 5 - 10 minutes. Transfer the couscous to a large bowl and fluff with a fork. Mix in the herb, pistachios, half of the pomegranate seeds and lemon zest.

To make a balanced lunch or light summer dinner, add in chunks of cooked chicken, lamb, or garbanzo beans.