



Couscous with Garlic, Tomatoes and Basil

1/3 cup (60 g) Cambrooke Foods Couscous
1/4 cup olive oil or vegetable oil
2 cloves garlic, finely chopped
1 medium (125 g) tomato, diced
1/4 cup fresh basil, chopped
pepper and salt to taste



Cook the couscous according to the package instructions until it is al dente. While the couscous is cooking, heat the olive oil (or vegetable oil), garlic, tomatoes, and pepper and cook, stirring constantly until the tomato skins begin to separate. Add the basil and a pinch of salt (if desired). Stir well and remove from the heat.

Put the cooked couscous into a bowl and add the tomato mixture. Stir well to combine. Serve immediately. May also be served as a cold salad.

Per recipe 60 mg phe
Per 2/3 cup serving: 30 mg phe

Variations: Use Orzo or Low Protein Rice instead of Couscous

Recipe from Cambrooke Foods



Cristine M. Trahms Program for Phenylketonuria
University of Washington - CHDD - Box 357920, Seattle, WA 98195

(206) 598-1800, Toll Free in Washington State 877-685-3015
<http://depts.washington.edu/pku>