



Recipes

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Tri Color Couscous

Serves 1

Ingredients:

2 Tbsp. Olive Oil
2 tsp. Garlic , minced
2 cups Sweet Onions , julienne
.5 cup Golden Sultana Raisins
1.5 tsp. Salt
3 cups Water
3 cups Tri Color Couscous
2 Oranges , segmented
1 cup Pomegranate Seeds
2 Tbsp. Fresh Mint , chopped
2 Tbsp. Fresh Cilantro , chopped
.5 tsp. Cinnamon

Directions:

1. Place olive oil in stock pot over medium heat. Sauté onions and garlic until softened.
2. Add salt, raisins and water and bring to a boil.
3. Pour in couscous and whisk constantly to avoid lumps. Cover and remove from heat.
4. Let couscous sit for five minutes; remove lid and break up any lumps.
5. Add in orange segments, pomegranate seeds and cinnamon.
6. Serve warm or cold.