



Baked Couscous with Summer Squash and Herbs

READY IN



45 min.

SERVINGS



6

CALORIES



138 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 cup couscous uncooked
- ☐ 0.3 cup egg substitute
- ☐ 14 ounce less-sodium chicken broth fat-free divided canned
- ☐ 1 ounce fontina shredded
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup green onions sliced

- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 ounce parmigiano-reggiano cheese grated
- ☐ 0.3 teaspoon salt
- ☐ 2 cups baby squash yellow sliced (2 small)

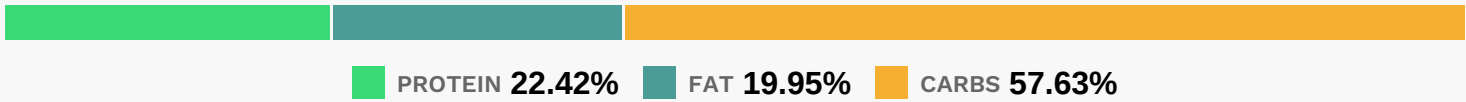
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Bring 1 cup chicken broth to a boil in a medium saucepan; gradually stir in uncooked couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff couscous with a fork.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add squash, onions, basil, oregano, and garlic; saut 3 minutes or until squash is tender. Set aside.
- ☐ Combine fontina and Parmigiano-Reggiano; set aside.
- ☐ Combine couscous, squash mixture, and half of cheese mixture in a large bowl; stir in remaining chicken broth, egg substitute, salt, and pepper. Spoon mixture into an 8 x 8-inch baking dish lightly coated with cooking spray. Top with remaining cheese mixture.
- ☐ Bake at 400 for 35 minutes or until golden.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:53.33, Glycemic Load:10.71, Inflammation Score:-7, Nutrition Score:7.9743478453678%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 137.67kcal (6.88%), Fat: 3.07g (4.72%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 19.95g (6.65%), Net Carbohydrates: 17.84g (6.49%), Sugar: 1.47g (1.64%), Cholesterol: 8.69mg (2.9%), Sodium: 505.42mg (21.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.76g (15.52%), Vitamin K: 26.7µg (25.42%), Manganese: 0.33mg (16.29%), Calcium: 124.54mg (12.45%), Phosphorus: 120.28mg (12.03%), Selenium: 7.57µg (10.82%), Vitamin C: 8.32mg (10.08%), Vitamin B2: 0.16mg (9.44%), Fiber: 2.11g (8.43%), Vitamin B6: 0.16mg (7.9%), Vitamin B3: 1.43mg (7.17%), Iron: 1.17mg (6.52%), Folate: 25.91µg (6.48%), Magnesium: 25.43mg (6.36%), Vitamin B5: 0.63mg (6.34%), Potassium: 221.7mg (6.33%), Vitamin A: 310.8IU (6.22%), Copper: 0.11mg (5.38%), Vitamin B1: 0.08mg (5.34%), Zinc: 0.76mg (5.08%), Vitamin B12: 0.3µg (5.04%), Vitamin E: 0.43mg (2.88%), Vitamin D: 0.21µg (1.41%)