Veggie Couscous

**Ingredients**
- 2 t canola oil
- 1/2 medium onion, thinly sliced
- 2 c 1/2” sweet potato cubes (~1 medium sweet potato)
- 1/4 t salt
- 1 t Mrs. Dash seasoning (any flavor)
- 1.5 c 1/2” zucchini cubes (~1 medium zucchini)
- 1/2 cup vegetable broth
- 1/3 cup water
- 3 cups chopped fresh kale or other greens
- 3/4 cup dry couscous

**Preparation**
Heat the canola oil in a large nonstick skillet over medium high heat. Add chopped onions and sweet potato and sauté covered on medium-high heat for 4-5 minutes. Add salt, Mrs. Dash, zucchini, vegetable broth, and water, cover, and bring to a boil. When sweet potato is tender enough to eat, turn off heat, add kale and couscous, mix well, and cover for 5 minutes.

**Yield:** 4 servings

*per serving:* 220 Calories | 3g Fat | 6g Protein | 43g Carbohydrates | 5g Dietary Fiber | 310mg Sodium

**Daily Values:** Excellent source of Vitamins A and C