

# Couscous

## HolisticQ Signature Recipe

Try something new!

Couscous is a traditional food from Northern African cultures and consists of small balls of durum wheat or semolina flour. It is often mistaken for a grain, but it is actually the same dough that is made into many kinds of pasta. Most of the health benefits associated with couscous are due to its impressive mineral and vitamin content... and it is delicious paired with our **Taco Meat recipe and served as a Taco Bowl.**

1cup uncooked Couscous

1 1/2 cups water

pinch of salt

Bring 1 1/2 cups water to a boil. Add 1 cup dry couscous and a pinch of salt.

Cover. Reduce heat to low and simmer 5 minutes. Remove from heat, fluff with a fork and let sit for 5-10 minutes. Enjoy!