

# Lunch Box Peachy Sweet Potato and Couscous



## Ingredients

1	Small sweet potato (about 6 oz/ 175 g)	1
1/4 cup	Uncooked couscous	50 mL
2 Tbsp	Raisins	25 mL
1 Tsp	Chicken or vegetable bouillon power	5 mL
1/4 tsp	Ground ginger	1 mL
1/8 tsp	Cinnamon (optional)	0.5 mL
1 (5 oz)	Can diced peaches with juice	1 (142 g)
1/4 cup	Water	50 mL

## Directions

Microwave the sweet potato on High for 2 to 2 1/2 minutes or until just cooked. Let cool; peel and dice into 1-inch (2.5 cm) pieces. Place in container.

Add couscous, raisins, chicken bouillon, ginger and, if using, cinnamon. Refrigerate for up to 1 day.

When you are ready to cook, stir in peaches and water. Microwave, loosely covered, on High for 3 minutes. Stir, cover and let stand for 2 to 3 minutes. Fluff with a fork.

## Suggestions

For a change, substitute curry powder for the ginger and cinnamon. Add in some left-over cooked pork strips, if desired

## Complete the Meal

Pack up with a container of milk in an insulated lunch bag with a small ice pack or purchase a carton of milk. Or treat yourself to a frozen yogurt.

**Source:** Reprinted from Great Food Fast 2002 with permission from Dietitians of Canada. Published by Robert Rose Inc.

**Yield:** 1 serving

## Nutrition information:

Per Serving

Calories	440 kcal
Fat	1.0 g
Sodium	878 mg
Carbohydrate	100.8 g
Dietary Fibre	8.0 g
Protein	10.4 g



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