BBQ Couscous
Serves 4
This recipe has been adapted from and is courtesy of the US Olympic Committee’s Sports Performance Division. For more information, visit www.teamusa.org.

Ingredients:
1 cup couscous
1 cup water
1 Tbsp olive oil
¼ cup BBQ sauce (your favorite style/flavor)
2 cups frozen vegetables (such as broccoli, peas, spinach, bell peppers, etc)

Method:
1. In a saucepan, bring water, BBQ sauce, and oil to a boil.
2. Stir in the frozen vegetables for 2-3 minutes.
3. Stir in couscous, cover and remove from heat.
4. Allow the pot to rest, covered, for 5 minutes.
5. Fluff with a fork and serve with a lean protein (fish, grilled chicken breast, beans, tofu, etc).