

Shrimp and Couscous With Yogurt

Yield: 4 servings

Ingredients:

1 1/4 pounds medium shrimp, peeled and deveined with tails removed
1 cup whole wheat couscous
1/4 cup raisins (or dried, chopped apricots)
1 1/4 cups very hot water, plus 1-2 tablespoons room temperature water
2 tablespoons olive oil
1/2 cup low-fat plain Greek yogurt
1 tablespoon prepared hummus
2 tablespoons chopped fresh mint or dill
1 cup cherry tomatoes, halved
1/4 to 1/2 teaspoon hot paprika
Juice of 1/2 lemon
Salt & pepper to taste



PHOTO: <https://www.foodnetwork.com/recipes/food-network-kitchen/20-minute-shrimp-and-couscous-with-yogurt-hummus-sauce-recipe-2120505#/>

Directions:

1. Preheat broiler to high.
2. Mix couscous, raisins, 1 tablespoon olive oil, and 1 1/4 cups hot water in bowl. Cover with plastic wrap and let sit until couscous is tender and water is absorbed, about 5 minutes.
3. Stir together yogurt, hummus, mint and 1 to 2 tablespoons room temperature water in another bowl. Season with salt.
4. Toss shrimp, tomatoes, paprika, and remaining 1 tablespoon olive oil together on baking sheet. Broil until shrimp is opaque and cooked through, about 4 minutes. Drizzle with lemon juice.
5. Fluff couscous with fork. Divide couscous and shrimp among 4 plates. Serve with yogurt-hummus sauce.

Nutrition Information per serving :

Calories: 385, Total Fat: 10g, Saturated Fat: 2g, Cholesterol:180mg, Sodium: 950mg, Carbohydrate 47g, Fiber: 7g, Total Sugar: 8g,
Protein: 30g

SOURCE: Food Network