

# Couscous with Dried Fruit

1 cup quick-cooking couscous  
2 oz sour cherries, dried  
1 cup chicken broth  
1/4 cup water  
1 tablespoon butter  
dash of salt  
dash of ground black pepper

1. Heat broth, water, cherries, butter, salt, and pepper in a 2 quart saucepan. Bring to a boil.
2. Stir in couscous, cover and remove from heat.
3. Let stand 5 minutes.
4. Fluff with a fork and serve immediately.

Servings 4. Per serving: Calories 257, Protein 9g, Total Fat 4g, Sodium 527mg, Cholesterol 8mg, Carbohydrates 46g, Fiber 2g.
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