



### Steamed Zucchini Ribbons w/Couscous

#### And Tomato-Corn Salsa

By: Mary Reilly

Servings: 2

Ingredients	Nutrient value per serving: 6-8 zucchini rolls and 3 T. salsa
<p>2 med. zucchini            1 c. cooked couscous (about ½ c. dry couscous)            ¼ c. parsley, chopped            2 T. cilantro, chopped            2 pinches salt, divided            ½ c. tomato, chopped            ¼ c. corn kernels, thawed if frozen            ½ c. cilantro, chopped            1 med. jalapeno, minced (optional)            1 scallion, cut into thin rings</p>	<p>Exchanges ..... 2 starch            ..... 1 ½ vegetable            ..... 1 protein            Calories..... 156            Calories from Fat ..... 7            Total Fat..... 0 g            Saturated Fat ..... 0 g            Cholesterol..... 0 mg            Sodium..... 142 mg            Carbohydrate ..... 34 g            Fiber..... 6 g            Sugar ..... 6 g            Protein ..... 7 g</p>
Instructions	Notes
<p>1. Using a vegetable peeler, shave zucchini into ribbons. Mix the couscous with the parsley, cilantro and salt.            2. Lay a zucchini ribbon flat on the counter, sprinkle some couscous over it and roll it up, enclosing the couscous mixture inside the roll. Continue until all zucchini and couscous are used.            3. Prepare your steamer: Bring about ¾ in. of water to a simmer in a skillet or saucepan that holds your steamer. Lay the rolls into the steamer basket in a single layer, and then place the covered steamer over the simmering water. Steam for 10 min.            4. While the rolls are steaming, make the salsa: In a medium bowl, combine the tomato, corn, cilantro, jalapeno, scallion and salt. Set aside.            5. When zucchini rolls are cooked through, remove them from the steamer. Serve with the salsa spooned over the top.</p>	<p>Prep and cook time: 25 min.</p> <p><i>VEGAN recipes are prepared without any animal products including fats, milk or eggs. Check the label on each ingredient to make sure the brand you are using does not contain these items in any form.</i></p> <p>Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change. For simplicity's sake, count other carbohydrates (other carbs) as starches.</p> <p>If you have dietary restrictions, always check the ingredients list on packaged foods to make sure they do not contain wheat or animal products.</p>