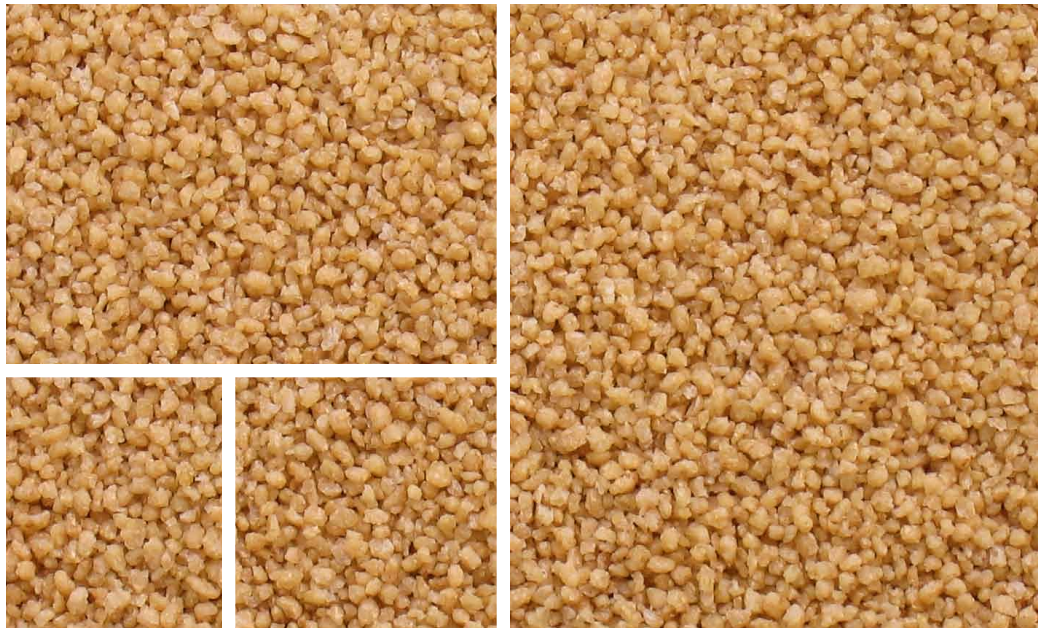


CHEF & CHILD FOUNDATION RECIPE COLLECTION

COUSCOUS TIMBALES

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SERVINGS
PER RECIPE: 20



Ingredients:

- 1/3 cup thinly sliced scallions
- 1/4 teaspoon ground cinnamon
- 5 ounces unsalted butter
- 1 28-ounce can chopped tomatoes,
drained
- 2 teaspoons salt
- 1/2 cup raisins
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon ground turmeric
- 5 cups water
- 5 cups couscous
- 6 tablespoons chopped parsley

Directions:

1. In a large skillet, cook scallions in butter over medium heat for 1 minute.
2. Stir in salt, cumin, turmeric, cinnamon, tomatoes, raisins, and 1 1/4 cups water. Bring to boil.
3. Remove from heat. Stir in couscous and remaining 3 3/4 cups water. Let stand uncovered for 5 minutes or until all liquid has been absorbed.
4. Pack mixture into greased or sprayed 1/2 cup molds. Refrigerate.
5. To reheat, cover with foil. Bake at 350 degrees for 15 minutes. Top with parsley.

Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
Serving Size (159g)	Total Fat 6g	9%	Total Carb 38g	13%
Servings Per Container	Sat. Fat 3.5g	18%	Fiber 3g	12%
Calories 240	Trans Fat 0g		Sugars 4g	
Fat Cal. 50	Cholest. 15mg	5%	Protein 6g	
	Sodium 340mg	14%		
	*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
	Vitamin A 10% • Vitamin C 10% • Calcium 2% • Iron 6%			



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