



Salmon Skewers with Whole-Wheat Couscous

Notes

Healthy and quick, these skewers are threaded with juicy salmon, onions and colorful bell peppers. A simple spice rub of cumin, coriander and cayenne, plus salt and pepper makes these kebabs burst with flavor. Serve on a bed of whole-wheat couscous for an easy, delectable weeknight dinner.

Calories & Macro's

**Serves: 4 | Serving Size: 2 skewers
and 1 cup couscous**

Per serving

Calories: 391;

Total Fat: 10g;

Carbohydrate: 41g;

Protein: 31g

*Saturated Fat: 2g; Monounsaturated Fat: 0g;
Cholesterol: 70mg; Sodium: 137mg; Dietary
Fiber: 2g; Sugar: 1g*

*Potassium: 150mg; Iron: 9%; Vitamin A: 6%;
Vitamin C: 146%; Calcium: 2%*

Ingredients

- 8 bamboo or metal skewers
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- 1/8 teaspoon ground cayenne pepper
- 4 (4-ounce) sockeye salmon fillets, cut into 1-inch pieces
- 1 yellow, red or orange bell pepper, cut into 1-inch squares
- 1 small yellow or white onion, cut into 1-inch squares
- 1 1/2 cups salt-free vegetable broth
- 1 cup whole wheat couscous
- 1 tablespoon chopped fresh mint

Instructions

- Soak wooden skewers, if using, in water at least 30 minutes. In a small bowl, stir together cumin, coriander, salt, black pepper and cayenne pepper. Rub over all sides of salmon. Skewer salmon, bell pepper and onion. Set aside.
- Bring broth to a boil in a medium saucepan. Remove from heat and stir in couscous. Cover and let stand 10 minutes.
- Heat grill or grill pan over medium heat. Grill skewers, turning occasionally, for 4–5 minutes or until fish is opaque and vegetables are tender. (You can also broil 4 minutes on each side.) Serve skewers over couscous and sprinkle evenly with mint.