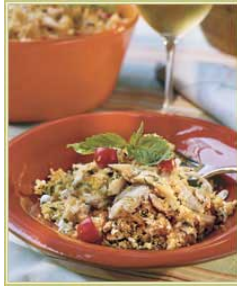


Minted Turkey Couscous

By Nina Lynn



Ingredients: 1 lb. turkey breast, cut into 1/2 in. cubes
6 oz. couscous
2 tsp. ground cumin
1 tsp. ground ginger
1 tsp. paprika
1 oz. pine nuts, lightly toasted
2 fresh organic figs, chopped
4 oz. dried organic apricots, chopped
2 tbs. coconut oil

Dressing: 2 tbs. organic apple cider vinegar
4 tbs. organic extra virgin olive oil
1 tbs. organic lemon juice
2 tbs. fresh organic mint, chopped

Directions: Cook the couscous according to the directions on the package. Heat the coconut oil in a skillet and stir-fry the turkey for 2-3 mins. Add the cumin, ginger and paprika, and cook for an additional 2 mins. Remove from the heat and stir into the couscous with the pine nuts, figs and apricots. Whisk together the dressing, mix it well into the dish and serve.

The turkey contains tryptophan which converts to serotonin then melatonin for improved sleep. Millet couscous provides a gluten free fiber for the colon, as well as the minerals manganese, magnesium and phosphorus which are necessary for the proper functioning of every cell in the body. Mint is full of antioxidants and has anti-microbial and anti-cancer properties.