

your



# ... It's Worth the Trip!

NOV 7 - 27

## PRODUCE



Make half your plate  
fruits & vegetables

### Holiday Message

Have a safe and enjoyable  
Thanksgiving.

Remember those who are  
deployed and/or not with us.

Thank you all for your Service!



### Holiday Flyer

Check out our holiday flyer for  
Great Deals!  
Pricing Valid thru Dec 25!



CLICK HERE TO VIEW:

[HTTP://WWW.COMMISSARIES.COM/SHOPPING/SALES-EVENTS.CFM](http://www.commissaries.com/shopping/sales-events.cfm)

## LET'S TALK *FRESH* TURKEY!



PROVIDERS: FOSTER FARMS - HONEYSUCKLE - SHADY BROOK

**PRE-ORDER: NOW - NOVEMBER 15**  
**IN STORES: NOVEMBER 16 - 30**



COMMISSARY REWARDS CARD DIGITAL COUPONS AVAILABLE.  
READ THE TERMS AND CONDITIONS; LIMITED QUANTITIES.

DISCLAIMER: PICTURES ARE FOR ILLUSTRATION ONLY. THE PRODUCTS INCLUDED IN THIS SALE MAY BE DIFFERENT FROM THOSE PICTURED. SOME ITEMS MAY NOT BE AVAILABLE AT ALL LOCATIONS. EFFECTIVE FOR CONUS STORES ONLY.

# DEALS OF THE WEEK

NOVEMBER 10 - 13



**KELLOGG'S®**  
Frosted Strawberry **OR**  
Frosted Brown Sugar  
Cinnamon pop tarts® 16 ct.

**HOT DEAL** **SAVE 41%**

NOVEMBER 10 - 13



**REDDI WIP®**  
Original **OR** Extra Creamy Dairy  
Whipped Topping 6.5 oz

**HOT DEAL** **SAVE 36%**

NOVEMBER 17 - 20



**CB Old Country Store™**  
Center Cut Original **OR** Maple Bacon 20 oz.

**HOT DEAL** **SAVE 18%**



**KELLOGG'S®**  
Frosted Flakes™ Cereal  
19 oz.

**HOT DEAL** **SAVE 48%**



**DEL MONTE®**  
Cut Green Beans 14.5 oz., French Style  
Green Beans 14.5 oz., Summer Crisp 11 oz.,  
Cream Corn 14.75 oz., Sweet Peas  
15.25 oz., Whole Kernel Corn 14.75 oz.,  
**OR** Sweet Corn Cream Style 15.25 oz.

**HOT DEAL** **SAVE 14%**



**PEPPERIDGE FARM®**  
Chocolate Fudge **OR**  
Red Velvet 3-Layer Cake  
19.6 oz.

**HOT DEAL** **SAVE 40%**



**SAVE 36%**

Del Monte®  
14.5 - 15.25 oz. Select  
Varieties Vegetables



**SAVE 33%**

Del Monte® 14.5 oz.  
Select Varieties Diced  
Tomatoes



**SAVE 33%**

Del Monte® 14.5 oz.  
Select Varieties Stewed  
Tomatoes



**SAVE 38%**

Wolf® 15 oz. Select  
Varieties Chili with  
Beans



**SAVE 34%**

Campbell's®  
10.5 - 11.5 oz. Select  
Varieties Soup



"THINKING OUTSIDE THE BOX" TAGS HELP IDENTIFY PRODUCTS USED IN THE MEAL SOLUTION.

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Stouffer's®  
Meatloaf  
in Gravy  
33 oz.

**SAVE  
12 %**



Reames®  
Homestyle  
Egg  
Noodles  
16 oz.

**SAVE  
19 %**



Gorton's® Popcorn Shrimp  
14 oz.

**SAVE  
17 %**



Gorton's®  
18.2 - 24.5 oz.  
Select  
Varieties Fish

**SAVE  
20 %**



Success®  
14 oz.  
Select  
Varieties  
Boil-in-  
Bag Rice

**SAVE  
23 %**



Mahatma® Jasmine Rice  
80 oz.

**SAVE  
13 %**



Mahatma® Extra Long Grain  
Rice 80 oz.

**SAVE  
22 %**



Hillshire Farm®  
12 - 14 oz.  
Select Varieties  
Lit'l Smokies

**SAVE  
19 %**



Betty  
Crocker®  
4.7 - 5.4 oz.  
Select  
Varieties  
Potatoes

**SAVE  
30 %**



Green  
Giant®  
10 oz.  
Select  
Varieties  
Steamers

**SAVE  
34 %**



Green Giant® 12 oz. Select  
Varieties Steamers

**SAVE  
15 %**



Hidden  
Valley®  
1 oz.  
Select  
Varieties  
Dressing  
Mix

**SAVE  
19 %**



Betty  
Crocker®  
Cornbread  
& Muffin  
Mix  
6.5 oz.

**SAVE  
22 %**



Bear  
Creek®  
Creamy  
Potato  
Soup Mix  
11 oz.

**SAVE  
17 %**



Kerrygold® Pure Irish Butter  
8 oz.

**SAVE  
12 %**



Mezzetta®  
9.5 - 10 oz.  
Select  
Varieties  
Olives

**SAVE  
27 %**



Kraft® 14 oz. Select Varieties  
Macaroni & Cheese

**SAVE  
17 %**



Hunt's®  
15 - 16 oz.  
Select  
Varieties  
Manwich®

**SAVE  
28 %**



Glory  
Foods®  
27 oz.  
Select  
Varieties  
Greens

**SAVE  
27 %**



Glory  
Foods®  
Green  
Beans with  
Potatoes  
27 oz.

**SAVE  
12 %**



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General Mills®  
Cheerios  
Cereal  
8.9 oz.

**SAVE 26 %**



General Mills®  
Trix  
Cereal  
10.7 oz.

**SAVE 24 %**



General Mills®  
Golden Grahams  
Cereal  
16 oz.

**SAVE 30 %**



General Mills®  
Honey Nut  
Cheerios  
Cereal  
17 oz.

**SAVE 35 %**



General Mills®  
Cocoa Puffs  
Cereal  
11.8 oz.

**SAVE 20 %**



Starbucks® 10 ct. Select  
Varieties K-Cup® Coffee

**SAVE 12 %**



Starbucks®  
12 oz. Select  
Varieties  
Ground  
Coffee

**SAVE 12 %**



Delizza® 13.2 - 14.8 oz.  
Select Varieties Pastries

**SAVE 21 %**



Breyer's® 48 oz. Select  
Varieties Ice Cream

**SAVE 25 %**



Rhodes® AnyTime!  
Cinnamon Rolls with  
Cream Cheese Frosting  
19 oz.

**SAVE 13 %**



Pillsbury® 12.4 oz. Select  
Varieties Cinnamon Rolls

**SAVE 14 %**



Pillsbury®  
16 oz. Select  
Varieties  
Ready to  
Bake Cookies

**SAVE 11 %**

**Quick Tips - Cranberries**

**SELECTION:**

- Choose cranberries that are plump, shiny and firm.

**STORAGE:**

- Prior to storing cranberries in the refrigerator, discard any soft, shriveled or discolored berries, and then place the remaining berries in a tightly sealed container or sealed plastic bag. They will keep for 2-3 weeks.
- To be sure that berries don't spoil quickly, do not wash them until they are ready to use and be sure to keep them dry while storing.
- To keep cranberries longer, freeze them by spreading them out on a baking tray, removing discolored and shriveled berries. Once frozen, place the berries in a freezer bag.



**NUTRITION FACTS:**

- Cranberries contain antioxidants that may be beneficial for heart health by lowering bad cholesterol (LDLs) while increasing good cholesterol (HDLs).
- Eating cranberries may help prevent cavities.

**FUN FACTS:**

- Per year, Americans consume about 400 million lbs. of cranberries. During the week of Thanksgiving, Americans consume 80 million lbs. of these 400 million lbs.
- To prevent scurvy, while out at sea for long periods of times, American whalers carried cranberries, whereas English sailors used limes.
- One theory on how the berry was named was that German and Dutch settlers noticed it was a favorite food of cranes--"crane-berry."



"VALUE" TAGS HELP IDENTIFY THE BEST VALUE PRODUCT IN A GIVEN CATEGORY!

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**Snack Time**

**Winter Crisp**

**Ingredients:**

- 2 tbsp. cinnamon
- 3 tbsp. butter
- 1/2 cup sugar
- 1 tsp. lemon peel (grated)
- 3 tbsp. flour (all purpose)
- 1/4 cup whole wheat flour
- 2/3 cup rolled oats
- 1/3 cup brown sugar (packed)
- 5 cups apple (unpeeled, sliced)
- 1 cup cranberries (fresh)

**Directions:** Pre-heat oven to 375° F

**Filling:**

1. Combine sugar, flour, and lemon peel in a medium bowl and mix well.
2. Stir in apples and cranberries.
3. Spoon into a 6-cup baking dish.

**Topping:**

1. Combine oats, brown sugar, flour, and cinnamon in a small bowl.
2. Stir in melted butter.
3. Sprinkle topping over filling.
4. Bake at 375 degrees for 40 minutes or until filling is bubbly and top is brown.
5. Serve warm or at room temperature.



**Adapted:**  
National Heart, Lung and Blood Institute (NHLBI),  
Stay Young at Heart - Cooking the Heart Healthy  
Way. Aim for a Healthy Weight

**Notes:**

- None



**SAVE 33 %**

General Mills® Original Flavor Bugles® 7.5 oz.



**SAVE 33 %**

Gardetto's® Original Recipe Snack Mix 8.6 oz.



**SAVE 33 %**

Chex mix® 8.75 oz. Select Varieties Snack Mix



**SAVE 18 %**

Wel-Pac® Edamame Soybeans in Pod 16 oz.



**SAVE 33 %**

Nabisco® Cheese Nips 11 oz.



**SAVE 27 %**

Mrs. Smith's® 35 - 37 oz. Select Varieties Pie



**SAVE 16 %**

Sara Lee® Strawberry French Cheesecake 26 oz.



**SAVE 16 %**

Sara Lee® Oven Fresh Cherry Pie 34 oz.



**SAVE 13 %**

Kraft® 8 oz. Select Varieties Cool Whip®



**SAVE 18 %**

Marie Callender's® Coconut Cream Pie 38 oz.



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## Fresh Cranberry Chutney

**Ingredients:** 4 servings

- 3 cups whole, fresh cranberries
- Juice of 1 orange
- ½ cup sugar
- 1 cup water
- 1 Granny Smith apple (chopped)
- 1 small onion (chopped)
- ¼ cup apple cider vinegar
- ¼ tsp. red pepper flakes
- ¼ tsp. Garam Masala (see notes)
- ½ cup chopped walnuts

### Directions:

1. Combine all ingredients in a pot and bring to a boil.
2. Cover with a lid and reduce heat to low.
3. Simmer for about 30 minutes, stirring occasionally.
4. Remove from heat and let chutney cool slightly.
5. Place in the refrigerator to cool completely.
6. Enjoy :-)

### Notes:

- If Garam Masala is not on hand; combine a pinch each of ground cumin and coriander, 2 dashes of both ground black pepper and cinnamon, and 1 dash of both ground nutmeg and cloves.

## Produce Stand



Make half your plate  
fruits & vegetables



Adapted:

[USDA Center of Nutrition Policy and Promotion](#)

## Leftover Turkey Salad

**Ingredients:** 6 servings

- 8 oz. of cooked turkey or chicken, cut into chunks or shredded
- 1 lime, juiced
- 1 tsp. Cajun seasoning (see notes)
- 4 lettuce leaves
- freshly ground black pepper
- ½ cup minced red onion
- ½ cup mayonnaise
- ½ cup Dijon mustard
- 2 green apples, peeled and minced
- 2 celery stalks, thinly sliced
- 2 tbsp. dried cranberries
- 2 tbsp. minced walnuts

### Directions:

1. In a large salad bowl, combine the turkey with the Cajun seasoning and toss gently.
2. Add the remaining ingredients and stir thoroughly to combine. Refrigerate before serving on top of the lettuce leaves or as a sandwich on toasted whole grain bread.
3. Enjoy :-)

### Notes:

- To make your own Cajun seasoning blend, mix 2 tsp. salt, 2 tsp. garlic powder, ¾ tsp cayenne pepper, 1 tsp. black pepper, 1 tsp. onion powder, 2 ½ tsp. dried oregano, and 2 ¾ tsp. paprika. This blend can be used to season vegetables and meats. Store the mix in an airtight container.



## Meat Case



Go Lean with Protein



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**SAVE 21%**

Oscar Mayer® 16 oz. Select Varieties Deli-Fresh Deli-Meat



**SAVE 30%**

Oscar Mayer® 7.5 oz. Select Varieties Carving Board



**SAVE 26%**

Oscar Mayer® 7 - 8 oz. Select Varieties Natural Deli-Meat



**SAVE 17%**

Oscar Mayer® 16 oz. Select Varieties Deli-Meat



**SAVE 25%**

Kraft® 8 oz. Select Varieties Philadelphia® Cream Cheese



Kraft® 7.5 - 8 oz. Select Varieties Sliced Cheese



Keekler® 9.2 - 13.8 oz. Select Varieties Crackers



**SAVE 18%**

Bagel Bites® Cheese & Pepperoni Mini Bagels 14 oz.



**SAVE 14%**

Cracker Barrel® 8 oz. Select Varieties Block Cheese



Food Should Taste Good® Sweet Potato Chips 5.5 oz.

**SAVE 21%**



Dole® Mandarin Oranges 15 oz.

**SAVE 24%**



Dole® 20 oz. Select Varieties Pineapple

**SAVE 28%**



**SAVE 21%**

Barber Foods® Cordon Bleu 2 ct.



**SAVE 12%**

Lipton® 75 - 100 ct. Select Varieties Tea Bags



Lipton® 40 ct. Select Varieties Green Tea Bags

**SAVE 20%**

**CLICK HERE TO SEE A FULL LISTING OF VALUE BRANDS!**



**Libby's® Yellow Cling Peach Slices or Peach Halves In Syrup 15.25 oz.**



Ocean Spray® 64 fl. oz. Select Varieties Juice

**SAVE 21%**



Dole® Pineapple Juice 46 fl. oz.

**SAVE 20%**



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Nature Made® Fish Oil 1200 mg 360 mg Omega-3 100 ct.

**SAVE 24 %**



Nature Made® Calcium 600 mg 100 ct.

**SAVE 24 %**



Nature Made® CoQ10 200 mg 40 ct.

**SAVE 24 %**



Nature Made® Biotin 2500 mcg 90 ct.

**SAVE 24 %**



Nature Made® Multi+ Omega-3 90 ct.

**SAVE 24 %**



Mucinex® Day Time & Night Time Sinus-Max 2- 6 fl. oz.

**SAVE 23 %**



Aveeno® Daily Moisturizing Lotion 12 fl. oz.

**SAVE 20 %**



Aveeno® Positively Nourishing Body Wash 16 fl. oz.

**SAVE 22 %**



Shea Moisture® Raw Shea Chamomile & Argan Oil Baby Head-to-Toe Wash & Shampoo 13 fl. oz.

**SAVE 21 %**



Lubriderm® Advanced Therapy Lotion 16 fl. oz.

**SAVE 14 %**



Clean & Clear® persa-gel® 10 1 oz.

**SAVE 19 %**



Clean & Clear® Blackhead Eraser™ 5 oz.

**SAVE 22 %**



Clean & Clear® Oil Absorbing Sheets 50 ct.

**SAVE 23 %**



Clean & Clear® morning burst® Facial Cleanser 8 fl. oz.

**SAVE 19 %**



Clean & Clear® Deep Action Exfoliating Scrub 5 oz.

**SAVE 22 %**



Clean & Clear® Essentials Deep Cleaning Astringent 8 fl. oz.

**SAVE 20 %**



Clean & Clear® advantage® Acne Spot Treatment .75 fl. oz.

**SAVE 22 %**



Playtex® 24M+ Insulated Sport Spout Cup 1 ct.

**SAVE 23 %**



Huggies® 80 - 132 ct. Select Varieties Diapers

**SAVE 10 %**



Huggies® simply clean® Wipes 216 ct.

**SAVE 21 %**



Playtex® 12M+ The Insulator™ Insulated Cups 2 ct.

**SAVE 24 %**



Playtex® 24M+ Insulated Spill-Proof Sport Spout Cup 1 ct.

**SAVE 21 %**

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Kleenex® Lotion Tissue 120 ct.

**SAVE 34 %**



Viva® 6 ct. Select Varieties Paper Towel

**SAVE 30 %**



Cottonelle® CleanCare® Toilet Paper 12 ct.

**SAVE 28 %**



Cottonelle® FreshCare® Wipes 84 ct.

**SAVE 31 %**



Scrubbing Bubbles® Fresh Brush® Starter Kit & Caddy 1 ct.

**SAVE 16 %**



Scrubbing Bubbles® Fresh Brush® Heavy Duty Refills 8 ct.

**SAVE 24 %**



Scrubbing Bubbles® Fresh Brush® Flushable Refills 12 ct.

**SAVE 24 %**



Scrubbing Bubbles® 20 oz. Select Varieties Bathroom Cleaner

**SAVE 33 %**



Arm & Hammer® 62 - 150 fl. oz. Laundry Detergent

**SAVE 21 %**



Oxi Clean® White Revive™ Laundry Stain Remover 50 fl. oz.

**SAVE 13 %**



Oxi Clean® 48 oz. Select Varieties Stain Remover

**SAVE 20 %**



pledge® Lemon Clean Furniture Spray 9.7 oz.

**SAVE 32 %**



Glad® 80 - 90 ct. Select Varieties Trash Bags

**SAVE 14 %**



Windex® Multisurface Disinfectant Spray 23 fl. oz.

**SAVE 27 %**



Vanity Fair® everyday Napkins 80 ct.

**SAVE 16 %**



Marcal® Strong & Absorbent Napkins 400 ct.

**SAVE 28 %**

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# ... It's Worth the Trip!



## THINKING OUTSIDE THE BOX

### Shrimp Couscous

Everywhere you turn there is “diet” advice whether it be on social media, in magazines, or from well-intentioned family and friends. To confuse matters more, what reputable medical and health professionals once advised in the past, is different than what they are now advising. It is understandable that many are confused about what they should eat and which advice is really credible.

The fact is, as more becomes known about nutrition and how our bodies use food and the impact food has on our health, the better and more scientifically credible the diet advice becomes, especially when it comes from registered dietitians. One example is that many years back, as our nation experienced alarming rates of heart disease, the limited science pointed to the cholesterol we ate as a major cause of blockage in the arteries. However, with medical and scientific advances and further studies, we now know the cholesterol from the foods we eat has little impact on raising the cholesterol in our body. As a result some foods, like eggs and shellfish, were once on the “Foods Never to Eat and Limit” lists. The fact is, many foods you may think are “bad” for you, like eggs, shrimp, dark chocolate, etc., actually help protect you from chronic diseases and promote weight loss.

Here is the most current and best guidance about your diet: *“All foods can fit. Just be sure to keep your calories in balance and aim for nutrient dense foods. This means, the large majority of your food choices should be fruits and vegetables, lean meats and legumes and whole grains. It is best to choose items with as few ingredients as possible, limit foods that have been highly processed and are high in sugar and sodium and contain ingredients you can't pronounce.”*

Barring food allergies, for the American public at large, a reasonable consumption of shrimp and dark chocolate is encouraged in a healthy eating pattern. Shrimp is a source of omega-3 fatty acids, and may reduce the risk for heart disease and Type 2 diabetes. A serving of shrimp (3.5 oz.) is less than 100 calories. Dark chocolate decreases LDL “bad” cholesterol, reduces blood clots, and may improve blood pressure. Just be sure to consider the calories and keep them in check by only eating a reasonable portion of 1 - 2 oz. per day.

Enjoy this meal without any guilt because it features heart healthy shrimp, a leafy green and closes with the perfect portion size of antioxidant rich, dark chocolate for dessert.



+



+



+



+



#### Directions:

1. Peel and clean 1 lb. of large, uncooked fresh or frozen shrimp, pat dry and season with a little salt and pepper. Dice ¼th of a medium onion and peel and then thinly slice 2 garlic cloves.
2. In a medium skillet, heat 1 tbsp. olive oil over medium-high heat. Add onions and sliced garlic. Cook for 3 to 4 minutes.
3. Add the shrimp. When the first side turns pink, flip it and then add 1 ½ cups of diced tomatoes, a pinch of dried oregano, and 1 ½ cup of low sodium broth (chicken or vegetable).
4. Bring the mixture to a boil and then add 1 ½ cup of couscous and 2 cups of fresh baby spinach. Stir, cover, and remove from

heat. Remove the cover after 5 minutes and top the couscous with 4 oz. of crumbled feta cheese.

5. Serve ¼th of the couscous mixture on each plate and then top each with a little chopped fresh parsley and a little squeeze of fresh lemon juice (optional). Finish the meal with a 2 oz. piece of dark chocolate.

#### Notes:

To add a Mediterranean flare to this meal, consider adding ¼th cup of Kalamata Olives, halved, or ¼ cup of slice black olives during step 3.

**Serves: 4**

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

FOR ADDITIONAL MEAL SOLUTIONS, PLEASE [CLICK HERE](#) OR VISIT [COMMISSARIES.COM/HEALTHY-LIVING/HEALTHY-EATS.CFM](http://COMMISSARIES.COM/HEALTHY-LIVING/HEALTHY-EATS.CFM).