

GARDEN VEGETABLE COUSCOUS SALAD

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1 cup

Nutrition (per serving)

Calories: 215

Total Fat: 8 g

Saturated Fat: 2 g

Sodium: 175 mg

Total Carbohydrate: 30 g

Dietary Fiber: 5 g

Protein: 7 g

Ingredients

1 (12oz) package whole wheat couscous

1/4 tsp black pepper

2 Tbsp lemon juice

3 Tbsp olive oil

1 pint cherry tomatoes, halved

1 medium zucchini, halved and chopped

1/3 cup green onions, sliced

1 (3oz) can black olives, sliced and drained

1/2 cup fresh basil, cut into strips

3/4 cup crumbled feta cheese

Directions

1. Prepare couscous according to package, add black pepper during cooking.
2. In a large bowl, combine prepared couscous, lemon juice, and olive oil. Add tomatoes, zucchini, green onions, olives, and basil. Chill for 4 hours or overnight.
3. Stir in feta cheese before serving. Optional: Serve over a bed of spinach or add sliced chicken breast to make it a meal!