

GARDEN VEGETABLE COUSCOUS SALAD

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1 cup

Nutrition (per serving)

Calories: 215

Total Carbohydrate: 30

Total Fat: 8 g

Dietary Fiber: 5 g

Saturated Fat: 2 g

Protein: 7 g

Sodium: 175 mg

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!