

## Mediterranean Couscous Salad

*Serving Size: about ¾ cup*

*Number of serving: 6*

1 cup	Couscous
2 cup	Chicken Broth, Low Salt or water
2 tbsp	Lemon Juice
2 tbsp	Vinegar, Red Wine
1 tsp	Garlic
1 ½ tsp	Olive Oil
1 tsp	Salt
¼ tsp	Pepper
½ cup	Red Bell Peppers, chopped
2 tbsp	Parsley, chopped
¼ cup	Scallions (green onion), chopped
2 tbsp	Red onion, chopped
½ cup	Cherry Tomatoes, halved
2 tbsp	Black olives, sliced
1 tbsp	Feta Cheese, crumbled

### Method of Preparation

1. Rinse Couscous in s strainer under cold water.
2. Put chicken broth and couscous in a pot, bring to a boil.
3. Cover and let simmer for 10 minutes or until liquid is absorbed. Let cool.
4. Combine lemon juice, vinegar, oil, salt & pepper. Set aside.
5. Combine vegetables in a bowl, add couscous, cheese and dressing. Let sit for 2-3 hours before serving.

### Nutrition Facts

Calories: 150    Total Fat: 5g    Cholesterol: 3mg  
Sodium: 250mg    Total Carbohydrates: 21g  
Fiber: 3g    Protein: 3g

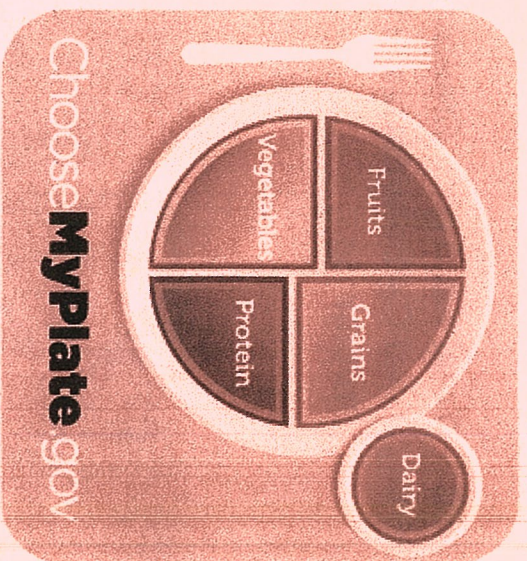


### Facts about Couscous:

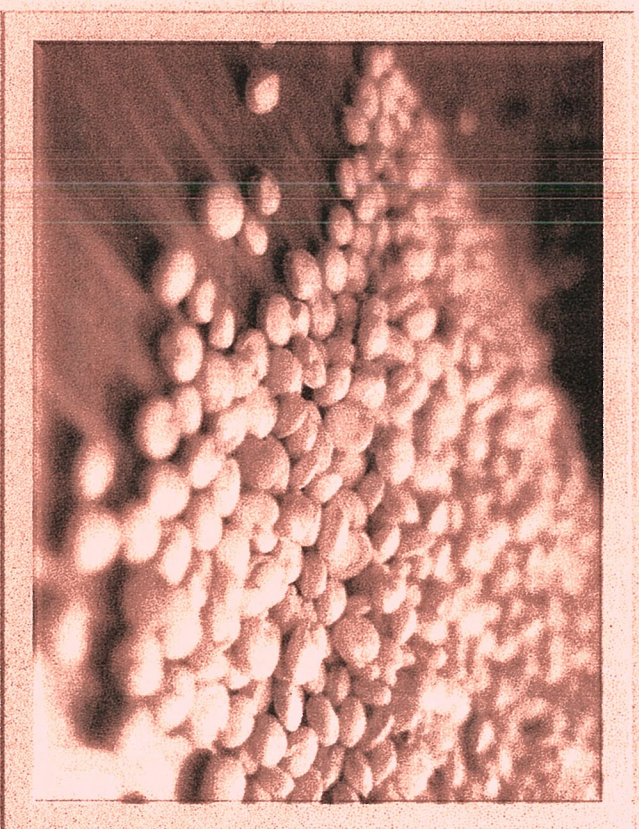
- One cup of cooked couscous contains 210 calories,
- Couscous is made from semolina.
- Symbolizing luck, blessings and abundance according to North African tradition, couscous is prepared to celebrate a house warming or a holiday.

# Today's Menu

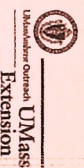
## *Mediterranean Couscous Salad*



This recipe contains: grains, vegetables, fats & oil, milk, and meat & beans. Using every food group from MyPlate. The Couscous acts as your grains. When looking at the break down of MyPlate the recipe will have enough grains and protein to fill that half of the plate. There is not enough vegetables in the recipe to fill that section of the plate. By adding a small side salad and a piece of fruit, with a glass of 1% milk, you will fill your plate correctly.



*A delicious combination of whole grains and vegetables. A great summer salad.*



The material was provided by the United States Nutrition Education Program with funding from USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program helps low-income people buy the food they need for good health. It can help you to buy nutritious food and stretch your food dollars. For more information, call 1-866-950-3823. UMass Extension is an equal opportunity provider and employer. United States Department of Agriculture cooperating. Contact your local Extension office for information on disability accommodations. Contact the State Extension Director's Office if you have concerns related to discrimination. 413-545-4900 or see [www.umassextension.org/dsp/eng](http://www.umassextension.org/dsp/eng)

