

Mediterranean Couscous Salad



CHOICES
Steps Toward
Health

Serves 8

1 large tomato, chopped
1/4 cup parsley, chopped, or 5 teaspoons dried parsley flakes
1/4 cup scallions, chopped (optional)
1 carrot, grated
1/4 cup walnuts, chopped (optional)
2 1/2 cups water
2 cups dry couscous
Dressing:
1 tablespoon lemon juice
1 tablespoon vegetable oil
1/8 teaspoon black pepper
1 15-ounce can kidney beans, drained
4 ounces cheddar cheese, low-fat, shredded
1 10-ounce bag frozen peas

TIP: Try whole-grain couscous for extra fiber.

1. Wash and chop tomato, parsley, scallion, and carrot. Chop walnuts if desired.
2. Bring water to a boil and add couscous. Stir quickly.
3. Cover, remove from stove, and let stand for 5 minutes.
4. In a large bowl, combine lemon juice, oil, and pepper to make dressing.
5. Add couscous mixture to dressing and stir gently to blend.
6. Add chopped tomato, parsley, scallions, carrot, walnuts (if desired), kidney beans, cheddar cheese, and peas. Mix gently.
7. Serve immediately or refrigerate until ready to serve. May be served warm or cold.

Nutrition Facts: Serving size: about 3/4 cup; Calories: 310; Fruits and Vegetables: 1; Fat: 6 g; Fiber: 7 g



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