

Greek Whole Wheat Couscous



Makes:

4 servings

Utensil:

Saladmaster Food Processor

3 Qt./2.8 L Sauce Pan with Cover

3.5 Qt. Double Walled Bowl

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Wheat Couscous 5/5

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1 ?⁴

cups

fat-free, less-sodium vegetable or chicken broth

(420

mL)

³?⁴

cup

whole wheat couscous

(130

g)

³?⁴

cup

grape tomatoes, halved

(112

g)

¹?²

cup

seedless cucumber, processed, use Cone #3

(66

g)

¹?²

cup

red bell pepper, chopped

(75

g)
1
tablespoon
fresh sage, chopped
(2
g)
 $\frac{1}{4}$
teaspoon
lemon zest, grated, use Cone #1
(.5
g)
2
tablespoons
lemon juice
(30
mL)
2
teaspoons
extra-virgin olive oil
(10
mL)
 $\frac{1}{2}$
teaspoon
sea salt
(3
g)
 $\frac{1}{2}$
teaspoon
pepper
(1
g)

Directions:

1. In sauce pan, bring broth to a boil and gradually stir in couscous.
2. Remove sauce pan from heat, cover and let stand for 5 minutes.
3. Fluff couscous with fork.
4. In a large bowl, combine couscous with remaining ingredients. Serve.

Nutritional Information per Serving

Calories:

168

Total Fat:

3g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

655mg

Total Carbs:

31g

Dietary Fiber:

3g

Sugar:

2g

Protein:

5g