

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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Recipe:

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1/2 cup
red bell pepper, chopped
(75 g)
1 tablespoon
fresh sage, chopped
(2 g)
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)
1/2 teaspoon
sea salt
(3 g)
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 31g

Carbs:

Dietary Fiber: 3g

Sugar: 2g

Protein: 5g