



Anna Jones, MS, RD, LD

## **Couscous Salad with Chickpeas and Tomatoes**

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This is even better once it sits for a while, overnight if possible. It is full of flavor, healthy fats, and fresh vegetables and makes a perfect side for some lean grilled chicken or fish!



### **Ingredients:**

6 tablespoons vegetable broth  
6 tablespoons water  
3/4 cup uncooked whole wheat couscous  
3/4 cup canned chickpeas (garbanzo beans), rinsed and drained  
1/2 pint grape tomatoes  
1 red bell pepper  
1/2 cup cucumber  
6 tablespoons (1 1/2 ounces) feta cheese, crumbled  
2 tablespoons chopped pitted kalamata olives  
2 tablespoons minced red onion  
2 tablespoons chopped fresh parsley  
2 tablespoon red wine vinegar  
2 tablespoon fresh lemon juice  
2 tablespoon extra virgin olive oil  
1/8 teaspoon salt  
Dash of freshly ground black pepper

### **Preparation:**

Bring vegetable broth and 6 tablespoons water to a boil in a medium saucepan; gradually stir in couscous. Remove from heat; cover and let stand for 10 minutes. Fluff with a fork.

Combine cooked couscous and remaining ingredients in a large bowl.

### **Nutrition Information:**

Calories 201 Fat 8.7 (sat 1.7 g, mono 6 g, poly 1 g); Iron 0.9mg; Cholesterol 6mg; Calcium 56mg; Carbohydrate 25.8g; Sodium 373mg; Protein 5.5g; Fiber 2.7g

Yield: 6 servings (serving size: 3/4 cup)