

Totally Cool Couscous

Serves 6

1½ cups uncooked couscous (2 cups cooked)
1 large tomato, chopped
¼ cup fresh parsley, chopped,
or 1 tablespoon dried
¼ cup scallions, chopped (optional)
One (15½-ounce) can kidney beans, drained
4 ounces reduced-fat Cheddar cheese, shredded
One (10-ounce) bag frozen peas
4 ounces carrots, grated

DRESSING:

2 tablespoons fresh lemon juice
2 tablespoons olive oil or vegetable oil
¼ teaspoon freshly ground pepper

1. Boil 2 cups of water, add 1½ cups couscous and bring to a boil.
2. Cover and remove from stove, let stand 5 minutes. Thoroughly wash fresh vegetables and parsley (if using fresh).
3. In a large bowl combine tomatoes, parsley, scallions (optional), kidney beans, couscous, cheese, peas and carrots.
4. In a small bowl combine lemon juice, olive oil or vegetable oil, and pepper.
5. Pour over couscous mixture. Stir gently to blend.
6. Refrigerate until ready to serve.

TIP:

- Add ½ cup walnuts, if desired.

Nutrition Facts:

Serving size: About 1 cup; Calories: 250; Fruit and Vegetables: 1½ servings; Fat: 6 g; Fiber: 8 g



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