Whole Wheat Couscous Salad
Makes about 6 servings

Ingredients:
- 10-12 cherry or grape tomatoes, halved
- 1/2 medium bell pepper (green, red, or yellow), chopped
- 2 cups shredded fresh spinach
- 1 cup whole wheat couscous
- 1/4 cup plus 2 tablespoons low-fat Italian salad dressing

Directions:
1. Halve tomatoes, shred spinach, and chop bell pepper. Set aside.
2. Heat 1 cup water plus 2 tablespoons salad dressing to boiling in a saucepan with a tight-fitting lid.
3. Remove pan from heat and stir in couscous. Cover and let sit 5 minutes.
4. Fluff couscous with a fork. Add tomatoes, green pepper, spinach, and 1/4 cup salad dressing. Toss and serve warm, or refrigerate to serve cold.

Source: Broome County Cornell Cooperative Extension

Nutrition Facts
6 servings per container
Serving size 1/6 of recipe (99g)

Amount per serving
Calories 130
% Daily Value*
Total Fat 1g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 170mg 7%
Total Carbohydrate 26g 9%
Dietary Fiber 1g 4%
Total Sugars 5g
Includes 0g Added Sugars 0%
Protein 5g

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

7% calories from fat