Whole Wheat Couscous Salad

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 + 2 tablespoons low fat Italian salad dressing

Directions:

2. Heat 1 cup water plus 2 tablespoons salad dressing to boiling in a heat proof pan 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.

Yields about 6 servings.

Source: Recipe from Broome County CCE