

Couscous-Garbanzo Salad

Ingredients:

1 cup organic vegetable broth (such as Swanson Certified Organic)
1 cup uncooked couscous
2 cups chopped seeded tomato (about 2 medium)
1 cup diced cucumber (about 1)
1 cup thinly sliced green onions (about 6)
1/2 cup grated carrot (1 medium)
1/2 cup diced red bell pepper
1 (15 1/2-ounce) can chickpeas (garbanzo beans), drained
2 tablespoons extravirgin olive oil
2 tablespoons red wine vinegar
1 tablespoon fresh lemon juice
2 teaspoons chopped fresh oregano
1 teaspoon minced garlic
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/4 teaspoon crushed red pepper

Method of Preparation:

Bring broth to a boil in a medium saucepan, and gradually stir in couscous. Remove from heat; cover and let stand 5 minutes. Place couscous in a large bowl, and cool completely. Fluff with a fork. Stir in tomato, cucumber, and next 4 ingredients (through chickpeas); toss well. Combine oil and the remaining ingredients in a small bowl; stir with a whisk. Add vinegar mixture to couscous mixture just before serving; toss gently.

Serves: 10, serving size: about 3/4 cup

Nutrition per Serving:

CALORIES 132 (24% from fat); FAT 3.5g (sat 0.4g,mono 2.2g,poly 0.7g); PROTEIN 4g;
CHOLESTEROL 0.0mg; CALCIUM 29mg; SODIUM 246mg; FIBER 3g; IRON 0.9mg;
CARBOHYDRATE 21.4g

Notes:

Try adding 2 cups of cooked, cubed chicken to the salad for a complete meal!