



## Quick Couscous Salad



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### Nutrition facts

#### per serving:

160 calories; 7g total fat; 2g saturated fat; 0g trans fat; 5mg cholesterol; 280mg sodium; 20g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

#### Source:

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- 1 box (5.8 ounces) roasted garlic and olive oil flavored couscous
- 1 cup halved grape tomatoes or 1 large tomato, diced
- 1/2 large cucumber or 2 small, diced
- 1 small red onion, diced
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1/4 cup grated parmesan cheese
- 1/3 cup chopped fresh parsley (optional)

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Prepare the couscous according to package directions. Set aside.

3. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
4. In a large bowl, mix olive oil, lemon juice, garlic powder, and black pepper.
5. Add prepared couscous, tomatoes, cucumber, onion, cheese, and parsley if using. Toss ingredients to coat with dressing.
6. If time allows, refrigerate for a few hours to allow the flavors to develop or serve immediately.
7. Refrigerate leftovers within 2 hours.

**Makes 7 servings**

**Serving size: 2/3 cup**

**Cost per recipe: \$6.27**

**Cost per serving: \$0.90**

