

Couscous Vegetable Salad



6 servings

Prep Time: 20 min Cook Time: 0 min

1 1/4 c. boiling water

1 c. whole wheat couscous

5 T. red wine vinegar

1/4 c. tahini

1/8 t. salt

2 small zucchini, halved and thinly sliced into

1/2 moon shapes

1/4 bunch parsley, finely chopped

2 medium carrots, peeled and sliced into thin rounds

1 can chickpeas, rinsed and drained

In a large, heatproof bowl or cooking pan, pour water over couscous, cover and set aside for 5 minutes. Uncover, fluff with a fork, and set aside to let cool.

Meanwhile, whisk together vinegar, tahini and salt. Add zucchini and parsley to dressing. Add carrots, chickpeas, and couscous, and toss to combine.

Nutrition Facts per serving

Calories 258 , Protein 11 g, Carbohydrate 41 g, Total Fat 7 g, Saturated Fat 1 g, Fiber 9 g, Sugar 7 g, Sodium 272 mg



This recipe is provided by *Eat Well*, a healthy restaurant initiative supported by PartnerSHIP 4 Health in Otter Tail County. This recipe meets national nutrition standards for healthy eating.