

## Mediterranean Couscous

*(Makes four servings – 1 cup per serving)*

### **Ingredients:**

- 1  $\frac{3}{4}$  cups fat-free, low-sodium chicken broth
- $\frac{3}{4}$  cup whole wheat couscous
- 1 cup grape tomatoes, halved
- $\frac{1}{2}$  cup chopped seeded peeled cucumber
- $\frac{1}{2}$  cup chopped red bell pepper
- $\frac{1}{4}$  cup sliced green onions
- 1 tablespoon chopped fresh sage
- $\frac{1}{4}$  teaspoon grated lemon rind
- 2 tablespoons fresh lemon juice
- 4 teaspoons extra virgin olive oil
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon freshly ground black pepper

### **Directions:**

- 1) Bring broth to a boil in a medium saucepan; gradually stir in couscous.
- 2) Remove from heat; cover and let stand for 5 minutes.
- 3) Fluff with a fork
- 4) Combine couscous, tomatoes, and remaining ingredients in a large bowl

### **Nutritional Analysis:** *(1 cup per serving)*

- Calories: 150
- Total Fat: 5 g
- Saturated Fat: 1 g
- Protein: 5 g
- Carbohydrates: 22 g
- Dietary Fiber: 4 g
- Sugars: 0 g
- Sodium: 465 mg

### **Source:**

*Cooking Light*