

# Eat Smart • Move More

## Spring Couscous Salad

Prep Time: 15 minutes

Total Time: 30 minutes



### Ingredients

- 1 ½ cups water
- 8 teaspoons olive oil, divided
- 1 tablespoon less sodium soy sauce, divided
- 1 low-sodium bouillon cube
- 1 cup couscous
- 1 bell pepper, chopped
- 2 green onions, sliced
- 5 ounces sugar snap peas, chopped
- ¾ cup asparagus, chopped
- ¼ cup lemon juice
- 2 tablespoons sesame seeds, toasted
- ¼ teaspoon ground black pepper

### Nutrition Facts

4 servings per container		
<b>Serving size</b>		<b>1 serving</b>
		<b>(277.39g)</b>
<b>Amount per serving</b>		
<b>Calories</b>		<b>320</b>
		<b>% Daily Value*</b>
<b>Total Fat</b>	12g	<b>15%</b>
Saturated Fat	1.5g	<b>8%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	180mg	<b>8%</b>
<b>Total Carbohydrate</b>	46g	<b>17%</b>
Dietary Fiber	6g	<b>21%</b>
Total Sugars	4g	
Includes g of Added Sugars		
<b>Protein</b>	9g	
Vitamin D	0mcg	<b>0%</b>
Calcium	60mg	<b>4%</b>
Iron	2mg	<b>10%</b>
Potassium	353mg	<b>8%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Quick Tips

- ▶ This dish can be served warm or chilled.
- ▶ Replace the sesame seeds with slivered almonds.
- ▶ The original recipe calls for a red bell pepper. Red, yellow, and orange bell peppers are known as sweet peppers.

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### Directions

- Combine water, 1 teaspoon oil, 1 teaspoon soy sauce, and bouillon cube in a saucepan and bring to a boil.
- Place couscous in a mixing bowl and stir in boiling broth mixture. Cover and let stand 5-8 minutes. Fluff with a fork.
- Stir in pepper and onions. Cover and refrigerate until chilled.
- Place peas in the saucepan with 4-5 tablespoons of water. Bring to a boil and place lid on saucepan to steam for 1 minute, until bright green.
- Add the asparagus to the saucepan and cover again, steaming for 2 minutes more. Rinse with cold water and drain. Add to couscous.
- In a separate mixing bowl, whisk together lemon juice, 7 teaspoons oil, sesame seeds, 2 teaspoons soy sauce, and ground black pepper. Drizzle over couscous and mix well.

(Recipe adapted from: <http://www.geniuskitchen.com>.)

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