



Couscous Salad with Chick Peas and Tomatoes

Ingredients:

1 ½ cups of vegetable broth	4 Tablespoons minced red onions
1 ½ cups water	4 Tablespoons chopped fresh parsley
1 ½ cups uncooked couscous	2 Tablespoons red wine vinegar
1 can chick peas, rinsed and drained	2 Tablespoons fresh lemon juice
2/3 cup chopped seeded plum tomatoes	2 Tablespoons Extra-virgin olive oil
3 oz. feta cheese, crumbled	¼ teaspoon salt
4 Tablespoons chopped pitted black olives	Dash of black pepper

Preparation:

Bring vegetable broth and water to a boil in a medium saucepan; gradually stir in couscous. Remove from heat; cover and let stand for 10 minutes. Fluff with a fork.

Combine cooked couscous and remaining ingredients in a large bowl.

Yields: 12 servings (3/4 cup each).

Nutritional Information:

181 calories	5.5 grams protein
31% calories from fat	25.8 grams carbohydrates
6.2 grams fat	2.7 grams fiber
1.7 grams saturated fat	6 mg. cholesterol
373 mg. sodium	56 mg. calcium