

Quick Couscous Salad



- 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

Nutrition Assistance Program

Supplemental

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental **Nutrition Assistance** Program - SNAP.

Nutrition facts per serving:

160 calories; 7g total fat; 2g saturated fat; Og trans fat; 5mg cholesterol; 280mg sodium; 20g total carbohydrate; 2g dietary fiber; 2g total sugars; Og 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:

Brooke Jenkins. Extension Specialist, University of Kentucky Cooperative **Extension Service**

Cooperative **Extension Service**

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating,



