

Mediterranean Couscous



INGREDIENTS

(Serves 4-6. 20-minute prep time; 5-minute cook time.)

- 1 box (5.9 ounce) couscous
- 8 ounce can or jar, marinated artichoke hearts, sliced thick
- 8 oil-cured, sun-dried tomatoes, chopped
- 18 Kalamata olives, pitted and chopped
- ¼ cup toasted pine nuts
- 4 ounces feta cheese, crumbled
- 1 5-ounce package of mesclun or mixed greens (more if you prefer)
- ¾ cup balsamic vinaigrette

PREPARATION

1. Prep all of the vegetables.
2. Cook the couscous using the directions on the box.
3. Place the mesclun or greens in a salad bowl and toss with half of the artichokes, sun-dried tomatoes, olives, pine nuts and feta.
4. Dress the salad with about ¼ cup of the balsamic vinaigrette.
5. Toss the other half of the vegetables with the cooked couscous. Serve the couscous with the salad on the side.

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SHOPPING LIST

Produce

Mesclun or mixed greens

Grocery

Couscous

Marinated artichoke hearts

Oil-cured, sun-dried tomatoes

Kalamata olives

Pine nuts

Dairy

Feta cheese

Spices/Seasonings

Balsamic vinaigrette

SERVING SUGGESTION

Serve with lemon wedges and a warmed flatbread such as pita or foccacia.

NUTRITIONAL INFORMATION

Per Serving: 366 calories, 25 g. fat, 17 mg. cholesterol, 28 mg. carbohydrate, 3 g. dietary fiber, 8 g. protein, 479 mg. sodium.

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

Hanover Food Co-op, Hanover, N.H.

