

Mediterranean Salad

Ingredients:

- 2 ¼ cup water 9 ½ oz. Israel couscous 9 tbsp. sun dried tomatoes 9 tbsp. black olives 4 tbsp. red onion, chopped 1 oz. fresh spinach 3 ½ tsp. oregano 2 tbsp. mint, chopped 4 tbsp. lemon juice 2 tbsp. extra virgin olive oil 1 garlic clove ½ tsp. salt 1 tsp. sugar
- 1/4 tsp. black pepper

| Nutrition | Facts |
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| Serving Size 1 cup (227g) Servings Per Container 5 | | | |
|---|--|---|--|
| Amount Per Serving | | | |
| Calories 310 Cal | ories fron | n Fat 80 | |
| % Daily Value* | | | |
| Total Fat 9g | | 14% | |
| Saturated Fat 1g | | 5% | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | | 0% | |
| Sodium 370mg | | 15% | |
| Total Carbohydrate | 133g | 44% | |
| Dietary Fiber 4g | | 16% | |
| Sugars 5g | | | |
| Protein 9g | | | |
| Vitamin A 25% • | Vitamin (| 20% | |
| Calcium 6% • | Iron 8% | | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500 | | | |
| Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbohydrate | 65g 20g 300mg 2,400mg 300g 25g € 4 • Prote | 80g 25g 300mg 2,400mg 375g 30g | |





Directions:

- 1. Bring water to a boil, stir in Israel couscous.
- 2. Reduce to a simmer and cover for about 10 minutes, or until liquid is gone.
- 3. Cool quickly on sheet pan in a thin layer.
- 4. Slowly drizzle extra virgin olive oil into fresh squeezed lemon juice while whisking continuously.
- 5. Add garlic, then sugar and salt.
- 6. Add all remaining ingredients to the couscous and mix well before adding vinaigrette.
- 7. Chill salad before serving.