

## 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.