

# Greek Couscous

*From: Cooking Light*

*Serves: 4 (1 1/2 cups)*

*Yield: 4 servings*

## **Ingredients**

1 1/2 Cups Water  
1 cup uncooked whole wheat couscous  
1/2 tsp. dried oregano  
1 1/2 cups dried plum tomato  
1 cup diced peeled cucumbers  
1/3 cup crumbled feta cheese  
1/4 cup small ripe olives, halved  
3 T. dried red onion  
1 (15 1/2 oz.) can chickpeas  
1/4 cup water  
3 T lemon juice  
1 1/2 T Extra Virgin Olive Oil  
1/4 tsp. salt  
1/4 tsp. coarsely ground pepper

## **Instructions**

Bring 1 1/2 cups water to a boil in a medium saucepan

Stir in couscous and oregano

Remove from heat; cover and let stand 5 minutes.

Fluff with a fork

Combine couscous, tomatoes and next 5 ingredients in a bowl; set aside

Combine 1/4 cup water and remaining ingredients; stir well with a whisk. Pour dressing over couscous mixture, tossing to coat

### *Nutritional Information:*

*365 Kcal*

*11.9 g fat*

*13.9 g Pro*

*54 g Cho*

*7 g fiber*