

## ***Israeli Couscous Tabbouleh***

©2012 *The Devil Wears Parsley*

1 Cup Dry Whole Wheat Israeli Couscous*	¼ Teaspoon Sea Salt
1 ¼ Cup Water	1/8 Teaspoon Freshly Cracked Black Pepper
3 Tablespoons Red Wine Vinegar	4 Cups Diced Cucumber
2 Tablespoons Extra Virgin Olive Oil	2 Cups Diced Tomato
1 Teaspoon Dijon Mustard	¼ Cup Roughly Chopped Parsley

To cook the couscous, heat the water in a saucepan over high heat until it boils. Once boiling, add the couscous, and reduce to a simmer. Cook until tender, about 10 – 12 minutes. Keep an eye on it, or it will stick to the bottom of the pan. While the couscous is cooking, in a large bowl, add the vinegar, oil, dijon mustard, salt and pepper, and whisk until combined. Add the cucumber, tomato, parsley, and cooked couscous to the dressing mixture and mix well. Can be served warm or cold!

\*Israeli Couscous is also known as Pearl Couscous

Serves 4, 1 ¾ Cups per serving

Nutritional Information per serving:

Calories	239
Total Fat	8.1g
Saturated Fat	1.1g
Cholesterol	0mg
Sodium	149.6mg
Carbohydrates	36.4g
Fiber	5.5g
Sugars	4.1g
Protein	6.8g