

Greek Couscous with Olives

Shirley Herb's - Northumberland, PA

Relish Magazine - May 2012

Servings: 10

1 1/2 cups water
1 cup couscous
1 medium red or yellow pepper, chopped
1/2 cup red onion, chopped
1 cup California ripe olives
1 jar (6 oz) marinated artichoke hearts, drained and quartered
3 ounces feta cheese, crumbled
1/3 cup mint leaves, shredded
2 large cloves garlic, minced
1/4 teaspoon black pepper
1/2 cup lemon juice
1/2 cup extra-virgin olive oil
8 leaves Romaine lettuce
1 medium tomato, cut into wedges
3 tablespoons toasted pine nuts

Bring the water to a boil. Stir in the couscous. Cover and remove from the heat. Let stand for 5 minutes.

Add the bell pepper, onion, olives, artichokes and cheese to the couscous and mix.

In a glass jar with a lid, combine the mint leaves, garlic, pepper, lemon juice and olive oil. Shake well to blend.

Pour the dressing over the couscous mixture and toss to combine. Refrigerate until chilled.

To serve, line a bowl with Romaine lettuce. Top with the couscous mixture.

Garnish with sections of ripe tomato and sprinkle with pine nuts.

Per Serving (excluding unknown items): 285 Calories; 14g Fat (41.0% calories from fat); 14g Protein; 32g Carbohydrate; 12g Dietary Fiber; 8mg Cholesterol; 160mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 2 1/2 Fat.