



Lemon Cucumber Couscous Salad

Side Dish • Pasta, Salad, Vegetable

Serving size: 6 | **Prep time:** 10 mins | **Cook time:** 10 mins

Ingredients

2 cups Israeli pearl
couscous
2 medium cucumbers
1/4 bunch fresh parsley
(washed & stems removed)
1 lemon
2 tbsp extra virgin olive oil
1 tbsp mayonnaise
1 tsp lemon zest (freshly
grated)
1/4 tsp garlic powder
salt & pepper, to taste
6 oz crumbled feta cheese

Nutrition

Amount per serving
Serving size: 1 serving

Directions

1. Bring a pot of salted water to a rolling boil. Add the couscous, and stir. Cook for 5-7 minutes, or until it's tender but not mushy.
2. Pour the couscous into a strainer and run under cold water to stop the cooking process. Stir until cooled throughout, and set the couscous aside to drain.
3. Slice the cucumber into 1/4" coins. Quarter each coin, and add them to a large mixing bowl. Chop the parsley and add it to the bowl, along with the lemon zest & couscous. Gently toss everything to combine.
4. In a small bowl, whisk together the juice from the lemon, olive oil, mayo, garlic powder, salt & pepper until smooth.
5. Pour the dressing over the salad, and toss until

Calories: 205
Total Fat: 13g
Saturated Fat: 5g
Cholesterol: 26mg
Sodium: 344mg
Total Carbohydrate: 17g
Dietary Fiber: 2g
Sugars: 1g
Protein: 7g

everything's well coated.

6. Stir in the feta cheese. Taste the pasta. Season with additional salt & pepper, if desired.

7. Serve & enjoy!