



mediterranean couscous;

1. (mehd-ih-terr-ae-nee-an koos-koos) *noun*. Couscous tossed with tomatoes, cucumbers, and onions with a balsamic vinegar glaze.
2. Produces 4-6 Servings.
3. Preparation 20 mins.
4. Oven temperature set to --.

Ingredients;

- | | |
|---|---|
| 1 ¹ / ₄ c. water | 1 c. whole wheat couscous |
| ¹ / ₂ a medium cucumber | ¹ / ₂ tomato |
| ¹ / ₄ c. onion | ¹ / ₄ c. feta cheese |
| 4 tsp. lemon juice | 1 ¹ / ₂ Tbsp. Italian seasoning |
| ¹ / ₂ Tbsp. dried basil | 1 tsp. garlic powder |
| salt & pepper | 2 Tbsp. balsamic vinegar |
| ¹ / ₄ c. white wine vinegar | |

Instructions;

1. In a medium sized pot, bring 1 ¹/₄ c. water to a boil.
2. Once the water is boiling, remove from the heat and add the couscous. Cover and let sit.
3. Dice the onion, cucumbers, and tomatoes and set aside.
4. In a small bowl, whisk together the vinegar, lemon juice, and balsamic vinegar. Microwave for 20-25 seconds until warm.
5. Remove the lid from the pot and fluff the couscous. Add in the italian seasoning, basil, garlic powder, and salt & pepper.
6. Toss in the vegetables, mixing well.
7. Drizzle the balsamic vinegar mixture over the couscous and toss before transferring to a bowl to serve.