

# What's Cooking? Recipe

## **Bruschetta Couscous Salad**

Recipe by Holly Clegg

This is one of those “fresh is best” salads using fresh mozzarella and basil, creating sparks of flavor.

Makes 7 (1-cup) servings

### **Ingredients**

1½ cups Israeli couscous  
½ cup chopped red onion  
2 cups cherry or grape tomato halves  
1 cup chopped cucumber  
1 cup small mozzarella balls or pieces (fresh mozzarella is best)  
1/3 cup fresh basil leaves, torn into pieces or 2 tablespoons dried basil leaves  
3 tablespoons olive oil  
2 tablespoons grated Parmesan  
2 tablespoons balsamic vinegar  
1 teaspoon minced garlic  
Salt and pepper to taste

### **Preparation**

- 1) Cook couscous according to package directions. Fluff with fork and cool.
- 2) In large bowl, combine couscous, red onion, tomatoes, cucumber, mozzarella, and basil. In small bowl, whisk together remaining ingredients and toss with couscous mixture.

\*Nutrition nugget: You know you are eating with nutrition when you have this colorful plate – each color providing protective vitamins and minerals.

**Nutrition Information per serving:** 267 calories, 10 g fat, 3 g saturated fat, 14 mg cholesterol, 43 mg sodium, 34 g carbohydrates, 3 g fiber, 4 g sugar, 9 g protein

### **Additional Notes:**

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