

HERB GARDEN COUSCOUS AND BLACK BEAN SALAD

Serves: 6

This substantial salad is reminiscent of tabbouleh, a Middle Eastern grain salad... but I like it a lot better. We made it for lunch and with pita bread it was a delightful meal all on its own.

- 1 cup uncooked couscous**
- 16-ounce can black beans, drained and rinsed**
- 1 cup celery, diced finely**
- 1 cup red bell pepper, diced finely**
- 1 cup red tomatoes, diced finely**
- ¼ cup chopped green olives**
- ½ cup chopped fresh parsley**
- 2 tablespoons chopped fresh dill**
- 2 tablespoons chopped fresh basil**
- ¼ cup scallions, finely chopped (or white onion)**
- 2 tablespoons fresh lime juice**
- 1 1/2 tablespoons olive oil**
- Salt and freshly ground pepper to taste**

In a saucepan, combine the couscous with 1-1/2 cups of boiling water. Cover, let stand for 15 minutes, then uncover and fluff with a fork. Mix all other ingredients in a salad bowl. When the couscous cools off until just warm, stir in with the other ingredients. Cover and refrigerate for one hour or more before serving.

VARIATION: In place of mint and dill, try a combination of fresh herbs such as oregano, thyme and basil. If you like parsley you might double it. Also you might add a cup of frozen corn.

NutritionFacts	
per serving makes 12 servings	
Amount per serving	
Calories	121
Calories from fat	20
% Daily Value *	
Total Fat 2.3g	4%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 104mg	4%
Total Carbohydrate 20.6g	7%
Dietary Fiber 4g	16%
Protein 4.7g	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
Additional Information	
16.5% of calories from Fat	
68% from Carbohydrates	
15.5% from Protein	