

Couscous with Chickpeas



INGREDIENTS

- $\frac{2}{3}$ cup uncooked whole-wheat couscous
- $1\frac{1}{3}$ cups boiling water
- Juice of 1 medium lemon
- 1 15-ounce can no-salt-added chickpeas, rinsed and drained
- 1 large bell pepper (red, yellow, or orange preferred), cut into $\frac{1}{4}$ -inch pieces
- 2 tablespoons plus $1\frac{1}{2}$ teaspoons dried basil
- 2 tablespoons plus $1\frac{1}{2}$ teaspoons dried parsley
- 2 medium garlic cloves, minced, **OR** 1 teaspoon bottled minced garlic
- 1 tablespoon plus 1 teaspoon canola, corn, **OR** olive oil
- $\frac{1}{4}$ cup fat-free crumbled feta cheese **OR** shredded Parmesan cheese



SERVINGS: 6

SERVING SIZE: $1\frac{1}{2}$ cups

COST PER SERVING: \$1.10

CALORIES

216 Per Serving

PROTEIN

10g Per Serving

FIBER

7g Per Serving



STEP 1: Pour the couscous in a large, heatproof bowl. Pour in the water and lemon juice. Let stand for 15 minutes. Fluff with a fork.



STEP 2: In a large bowl, stir together the couscous, chickpeas, bell peppers, basil, parsley, and garlic.



STEP 3: Drizzle with the oil. Sprinkle with the cheese.



STEP 4: Serve at room temperature or refrigerate, covered, for 2 to 12 hours.



ENJOY!