



## INGREDIENTS

- 1 cup whole-wheat couscous
- 1 cup zucchini, cut into 1/4-inch pieces
- 1 medium red bell pepper, cut into 1/4-inch pieces
- 1/2 cup finely chopped red onion
- 3/4 tsp ground cumin
- 1/2 tsp ground black pepper
- 2 Tbsp extra virgin olive oil
- 1 Tbsp lemon juice
- Chopped fresh parsley, basil or oregano for garnish (optional)



Serves: 8

Serving Size:  
About  
2/3 cup

Calories:  
136

*Recipe courtesy of the Mayo Clinic*

## DIRECTIONS

1. Cook couscous according to instructions on the package.
2. When couscous is cooked, fluff with fork. Mix in zucchini, bell

pepper, onion, cumin and black pepper. Set aside.

3. In a small bowl, whisk together the olive oil and lemon juice. Pour over

the couscous mixture and toss to combine. Cover and refrigerate. Serve chilled. Garnish with fresh herbs.