3-Bean Israeli Couscous Salad

Ingredients:

4 tablespoons olive oil, divided
1/4 cup red onion, finely chopped
2 tablespoons red wine vinegar
1 1/2 teaspoons Dijon mustard
1/4 teaspoon salt, divided
1/4 teaspoon black pepper
1 cup Israeli (pearl) couscous
2 cups water
4 ounces green beans, trimmed and cut into 1/2 inch pieces
4 ounces yellow wax beans, trimmed and cut into 1/2 inch pieces
1 (15 oz.) can kidney beans, rinsed and drained
2 tablespoons fresh dill, chopped
2 tablespoons Italian parsley, chopped

Directions:

1. Whisk 3 tablespoons of olive oil, onion, vinegar, Dijon, salt, and pepper in a large bowl until combined. Set aside.
2. Heat the remaining 1 tablespoon in a large saucepan over heat until simmering. Add the couscous and cook until toasted and light golden brown, about 3 minutes. Add the water and bring to a boil.
3. Reduce the heat to a medium low and simmer uncovered for 7 minutes. Add the green and yellow beans and stir to combine. Cover the pot and cook until couscous and beans are tender, about 3 minutes. Drain the mixture through a fine mesh strainer to remove any excess cooking liquid.
4. Transfer the hot couscous mixture to the bowl of dressing, add the kidney beans, and store to combine. Let sit 20 minutes, stirring occasionally, to cool and let flavors combine. Stir in the dill and parsley. Serve warm or at room temperature.

Beans: If you can't find yellow wax beans, substitute with more green beans or canned. If canned, be sure to rinse and drain them.
Storage: Store leftovers in an airtight container in the refrigerator for up to 5 days.
Make ahead: Can be made without herbs up to 2 days in advance and stored in an airtight container in the refrigerator. Stir in herbs just before serving.

Nutrition Facts

Serving Size 1 cup (243g)
Servings Per Container 6

Amount Per Serving

Calories 270	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 125mg	**5%**
Total Carbohydrate 36g	**12%**
Dietary Fiber 10g	**40%**
Sugars 4g	
Protein 9g	

Vitamin A 6% • Vitamin C 10%
Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:
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