White Bean and Pearl Couscous Salad

Ingredients:

1 1/4 cups water
4 ounces uncooked whole-wheat pearl couscous
1/2 15 ounce can reduced-sodium Great Northern Beans, rinsed and drained
1 medium cucumber, diced
1 cup grape tomatoes, quartered
1/2 cup red onion, diced
1 1/2 ounce small pimiento-stuffed olives, coarsely chopped
2 ounces part-skim mozzarella cheese, diced
2 1/2 tablespoons apple cider vinegar
2 tablespoons extra-virgin olive oil
1 teaspoon dried basil leaves
1 medium garlic clove, minced
1/8 teaspoon salt (optional)

Nutrition Facts

Serving Size 1 1/4 cup (330g)
Servings Per Container 4

Amount Per Serving	
Calories 290	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 360mg	**15%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 8g	**32%**
Sugars 6g	
Protein 10g	

Vitamin A 10% • Vitamin C 20%
Calcium 20% • 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

Directions:

1. Bring the water to a boil in a medium saucepan, add the couscous, cover, and cook on low-medium heat for 8 – 10 minutes, or until tender. Drain in fine-mesh sieve and run under cold water until cooled completely, shaking off excess liquid.
2. Place couscous in a medium bowl with the remaining ingredients and toss until well blended. Serve.

For more information, please contact:
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Source: American Diabetes Association