



PREPARATION: 10 MINUTES

COOKING: 8 MINUTES

2 SERVINGS

RED PEPPER COUSCOUS SALAD

INGREDIENTS

Nutrient Analysis

PER SERVING:

½ of recipe

RENAL EXCHANGE:

2 Starch + 1 Vegetable

Calories 257Kcal

Protein 7g

Carbohydrates 40g

Fibre 3g

Total Fat 7g

Saturated Fat 1g

Cholesterol 0mg

Sodium 68mg

Potassium 207mg

Phosphorus 96mg

½ cup pearl couscous, uncooked

½ cup roasted red peppers*, cut in small pieces

¼ cup flat leaf parsley, chopped

2 tablespoons red onion, diced

1 tablespoon garlic, minced

1 teaspoon lemon zest

1 tablespoon lemon juice

1 tablespoon olive oil

⅓ teaspoon black pepper

* Choose product with lowest sodium content or make your own (see recipe page 14)

PREPARATION

- 1 Cook the couscous according to the instructions on the package, leaving out the salt. Transfer the cooked couscous to a plate and place in the refrigerator to cool.
- 2 In a bowl, combine the cooked couscous, the peppers, parsley, red onions, garlic, lemon zest, lemon juice and the olive oil. Season with pepper to taste.

Suggestion: This is a side dish that can become a meal by adding a protein, such as leftover chicken or meat. The recipe can easily be doubled.