Couscous Stuffing

Ingredients:

- 5.8 oz couscous
- 1 ¼ cup chicken stock (1 ¼ cup water + chicken bouillon or base)
- 1 oz kalamata olives
- 2 oz diced tomato
- 2 oz feta cheese, crumbled
- 2 tsp Pasolivo extra virgin olive oil
- 2 tsp oregano, fresh
- 2 tsp parsley, fresh
- 1 tsp lemon zest (about ¼ of a lemon)
- 1/8 oz garlic, minced (about 2 medium size cloves of garlic)
- 1/8 tsp black pepper

Directions:

1. Heat water to a boil.
2. Add in chicken base or bouillon. Dissolve.
3. Remove from heat.
4. Stir in couscous. Cover and let stand for 5 minutes or until tender and all liquid absorbed.
5. Fluff with a fork.
6. In a large bowl add in all other ingredients and toss until well combined.

Nutritional information:

Calories 185
Total Fat..... 5 g
Saturated Fat ..... 2 g
Cholesterol ..... 11 mg
Total Carbohydrate.... 28 g
Dietary Fiber ..... 2 g
Protein ..... 6 g
Sodium ..... 381 mg
Serving Size ..... ½ cup
Recipes yields.....5 servings

Prep time: 15 minutes
Cook time: 5 minutes