

# Israeli Couscous Salad with Grilled Vegetables

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/asparagus-israeli-couscous-recipe>

## Ingredients:

- 3 tablespoons olive oil divided
- 2 cups Israeli couscous
- 1 1/2 cups vegetable broth or chicken broth, you can also use water
- 1 red bell pepper cored and quartered
- 1 orange bell pepper cored and quartered
- 1 zucchini squash sliced lengthwise into planks
- 1 small onion cut in half
- 1 pound asparagus trimmed
- 2 teaspoons balsamic vinegar
- salt
- pepper
- 1 tablespoon fresh mint chopped
- 1 tablespoon fresh basil chopped
- 1/4 cup freshly squeezed lemon juice about 2 lemons
- 1/2 cup olive oil
- 1 teaspoon Dijon mustard
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 54 grams
3. Fat: 26 grams
4. Fiber: 6 grams
5. Protein: 10 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 570 milligrams

8. Sugar: 5 grams

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