

# Israeli Couscous with Porcini and Arugula

Yield: 5 min  
Total Time: 50 min

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

## Ingredients:

- 1/2 cup dried porcini mushrooms
- 1/2 cup water
- 3 tablespoons olive oil
- 1 cup Israeli couscous
- 2 cups chicken stock or low-sodium broth, warmed
- 2 ears corn husks and silks removed
- 2 handfuls baby arugula tough stems removed
- 1/4 pound mozzarella cheese smoked, cut into 1/4-inch dice
- 1 tablespoon champagne vinegar
- sea salt
- freshly ground pepper

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 20 milligrams
4. Fat: 15 grams
5. Fiber: 3 grams
6. Protein: 13 grams
7. SaturatedFat: 4 grams
8. Sodium: 440 milligrams
9. Sugar: 2 grams

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