

Israeli Couscous with Grilled Vegetables

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1 1/2 cups couscous Israeli, giant
- 3 cups stock light
- 1 zucchini medium
- 1 ear of corn
- 1/2 red pepper
- 1/2 pound broad beans fresh fava/, in their pods
- 5 tablespoons fresh basil chopped
- 5 tablespoons fresh parsley chopped
- 1/2 lemon
- 2 tablespoons olive oil

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 65 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 7 grams
6. Protein: 16 grams
7. SaturatedFat: 1 grams
8. Sodium: 280 milligrams
9. Sugar: 7 grams

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