

# Israeli Couscous Salad with Roasted Vegetables

Yield: 5 min  
Total Time: 75 min

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

## Ingredients:

- 1 eggplant small, chopped
- 1 zucchini small, chopped
- 1 yellow squash small, chopped
- 1 red pepper chopped, seeds removed
- 1 red onion small, chopped
- 3 cloves garlic
- 2 tablespoons olive oil
- salt and pepper
- 3 cups water
- 1 pinch salt
- 1 1/2 cups couscous dry Israeli
- 1/4 cup basil chopped
- 1/3 cup feta cheese
- 3 tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard
- 1 garlic clove minced
- 1/2 cup olive oil
- freshly ground pepper Salt and

## Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 10 milligrams
4. Fat: 30 grams
5. Fiber: 9 grams
6. Protein: 12 grams
7. SaturatedFat: 5 grams

8. Sodium: 350 milligrams
  9. Sugar: 9 grams
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