

Israeli Couscous Salad

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/israeli-tuna-salad-recipe>

Ingredients:

- 1 cup Israeli couscous
- 1 tablespoon olive oil or butter
- 2 cups chickpeas cooked
- 1/4 red onion thinly sliced
- 1 cup chopped parsley
- 1/2 cup chopped mint
- 3 cloves garlic finely chopped
- 3 tomatoes cut into small pieces; or about 12 ounces, 2 cups of grape tomatoes, cherry tomatoes, or baby heirloom tomatoes of assorted...
- 2 stalks green onions thinly sliced
- 3 baby cucumbers cut into small cubes
- 1/2 jalapeno pepper minced; optional
- 1/3 cup olive oil or canola oil
- 1/4 cup lemon juice from one lemon or so
- 3/4 teaspoon kosher salt
- 1 teaspoon black pepper freshly ground

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 46 grams
3. Fat: 15 grams
4. Fiber: 6 grams
5. Protein: 9 grams
6. SaturatedFat: 2 grams
7. Sodium: 510 milligrams
8. Sugar: 4 grams

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