

# Almond Artichoke Summer Couscous

Yield: 8 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/couscous-salad-recipe-italian-dressing>

## Ingredients:

- 10 ounces Near East Couscous box
- 15 ounces artichoke hearts can, chopped
- 1 cup slivered almonds
- 1 cup sun dried tomatoes
- 1 cup grated Parmesan cheese or fresh shredded
- 1/4 cup Italian dressing choice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper freshly
- 1 handful arugula leaves

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 10 milligrams
4. Fat: 13 grams
5. Fiber: 9 grams
6. Protein: 15 grams
7. SaturatedFat: 3 grams
8. Sodium: 640 milligrams
9. Sugar: 4 grams

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