

Mexican Couscous Salad

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/pearl-couscous-recipe-mexican-chicken-cilantro>

Ingredients:

- 2 1/2 cups water
- 2 cups whole wheat pearl couscous
- 1 tablespoon olive oil
- 1 red onion chopped
- 1 cup frozen corn fresh would also work
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon salt
- 1 can black beans drained and rinsed
- 14 ounces fire-roasted diced tomatoes drained well
- 1/2 cup cilantro chopped
- 1/2 cup feta crumbles
- 2 tablespoons olive oil
- 1 teaspoon red wine vinegar
- 1 1/2 teaspoons honey
- 2 chipotle peppers in adobo sauce minced
- 1/4 teaspoon salt

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 15 milligrams
4. Fat: 12 grams
5. Fiber: 9 grams
6. Protein: 10 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 850 milligrams
9. Sugar: 4 grams

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