

Speedy Mediterranean Vegetable Couscous

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetable-couscous-recipe-indian>

Ingredients:

- 1 1/8 cups couscous
- 1 1/8 cups vegetable /chicken stock or water
- 2 tablespoons extra-virgin olive oil
- 1 garlic clove crushed
- 1 red onion finely chopped
- 1 handful button mushrooms quartered
- 1 handful cherry tomatoes halved
- 1 green pepper diced
- freshly ground pepper

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 52 grams
3. Fat: 8 grams
4. Fiber: 7 grams
5. Protein: 9 grams
6. SaturatedFat: 1 grams
7. Sodium: 30 milligrams
8. Sugar: 3 grams

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