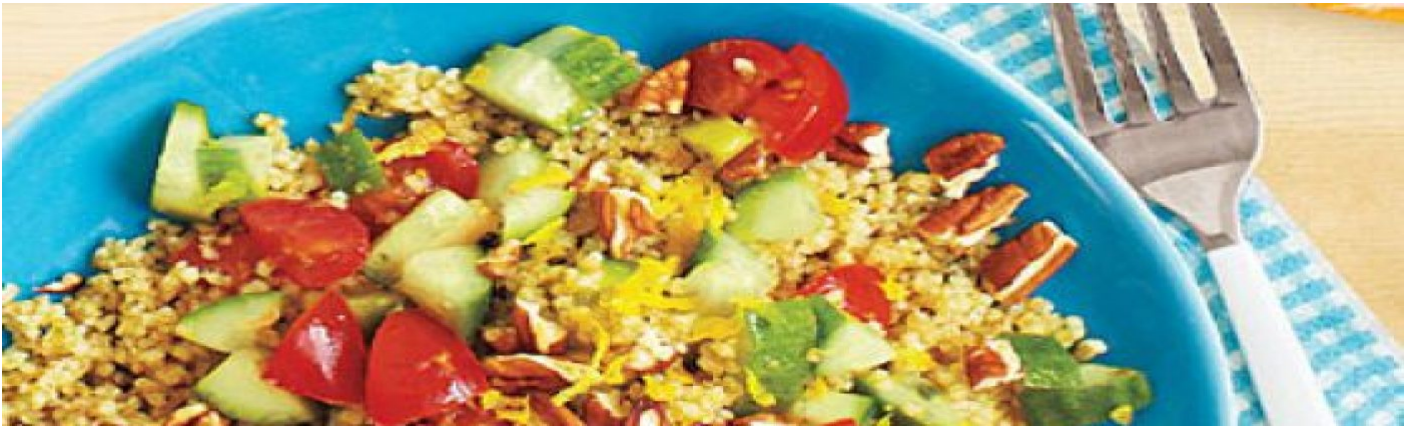


SIDE DISH

Couscous Salad

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
8 min	7 min	1 min	7	\$0.42	60 kcal



If you have roughly 8 minutes to spend in the kitchen, Couscous Salad might be an outstanding dairy free, lacto ovo vegetarian, and vegan recipe to try. For 42 cents per serving, this recipe covers 2% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 5 grape tomatoes, halved or quartered
- ☐ 1 teaspoon lemon juice
- ☐ ¼ teaspoon lemon zest, optional
- ☐ 2 tablespoons chopped pecans or pecan pieces, optional
- ☐ 1 Persian cucumber, quartered lengthwise and cut crosswise into 1/4-inch pieces
- ☐ 2 teaspoons pesto
- ☐ 7 servings Salt and pepper
- ☐ ¼ cup whole-wheat couscous

EQUIPMENT Bowl, Pot

Method

- 1 Bring 1/3 cup water to a boil in a hot pot. Stir in couscous and a pinch of salt, cover and turn power off.
- 2 Let it sit undisturbed until water has been absorbed, at least 5 minutes. Fluff with a fork.
- 3 While couscous is steaming, mix pesto, lemon juice and lemon zest, if desired, in a wide, shallow bowl. Season with pepper. Toss in tomatoes and cucumbers.
- 4 Add couscous to bowl along with pecans, if desired, and toss again. Season with salt and pepper.

Nutrition per serving

60 KCAL	2 g PROTEIN	3 g FAT	8 g CARBS
Saturated Fat			0.3 g · 2% of daily needs
Fibre			1.2 g · 5% of daily needs
Sugar			0.8 g · 1% of daily needs
Sodium			208 mg · 9% of daily needs
Cholesterol			0.1 mg · 0% of daily needs
Vitamin C			2.3 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/couscous-salad-148431