Israeli Couscous With Carrots, Peas, and Red Wine Vinegar

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick

Israeli couscous is creamy and fluffy, balancing out the bite of the onions and vinegar.

About the Recipe

439 Calories · 14 g Protein · 1 g Fiber
Lunch · Dinner
Nut-free

Carrots contain beta-carotene, lutein, and zeaxanthin, which are essential to eye health.

Note: A stick of celery is also called a rib of celery. A celery stalk is the whole bunch!

Ingredients

Makes 2 Servings

- 1 1/4 c (300 mL) vegetable stock
- 1 c (173 mL) Israeli couscous
- 1 carrot, diced
- 1 stalk celery, diced
- 1/2 red bell pepper, diced
- 1/4 red onion, diced or 3 tbsp. diced shallot
- 3 tbsp (45 mL) chopped parsley
- 2 tbsp (30 mL) chopped fresh mint
- 1/4 c (36 g) peas
- 1/4 tsp (1.2 mL) ground cinnamon
- 3 tbsp (45 mL) red wine vinegar

Directions

1. Bring the stock to a boil.
2. Add the Israeli couscous and remove it from the heat. Stir the couscous until it absorbs all the stock and set it aside. Toss all the ingredients together and chill.

Nutrition Facts

Per serving (1 slice)

Calories: 382 kcal
Fat: 1 g
    Saturated Fat: <0.5 g
    Calories From Fat: 2%
Cholesterol: 0 mg
Protein: 13.5 g
Carbohydrates: 70 g
Sugar: 7 g
Fiber: 8 g
Sodium: 482 mg
Calcium: 82 mg
Iron: 2.7 mg
Vitamin C: 52 mg
Beta-Carotene: 4415 mcg
Vitamin E: 1.2 mg