



Tomato, Olive and Green Bean Couscous

Prep Time: 15 min

Cook Time: 15 min

Serves: 4

NUTRITION FACTS, PER SERVING:

343 calories

6.52 g fat

604 mg sodium



INGREDIENTS: **** Items not included in kit**

- 1/4 cup sun-dried tomatoes
- 12 oz. green beans, trimmed & cut into 1 inch pieces
- 1 cup Israeli pearl couscous
- 1 pint cherry or grape tomatoes
- 1/2 cup pitted Kalamata olives
- 1/4 cup packed fresh flat-leaf parsley
- 1 (15 oz.) can pinto beans, rinsed & drained
- 1 lemon, zested & juiced
- 2 TB Champagne vinegar
- 1 TB olive oil**
- 1 tsp sugar**
- Salt & black pepper**

DIRECTIONS:

1. Trim and cut **green beans** into 1 inch pieces. Bring a large pot of water to a boil and add trimmed **green beans** and a **pinch of salt**. Cook 4-5 minutes or until crisp-tender; drain green beans, set aside. If serving salad cold: Fill large bowl with ice and water add cooked green beans to **ice water**. When cool, drain well and set aside.
2. Cook **Israeli couscous**: Bring 1 1/4 cups of water to a boil in a medium size pot. Add **couscous** to the pot, cover and reduce heat to a simmer for 8-10 minutes, stirring occasionally. If serving cold: When done, drain, rinse with cold water and drain again. Then set aside.
3. Rinse **grape/cherry tomatoes** then cut in half, set aside. Chop **Kalamata olives, sun-dried tomatoes, and parsley**, set aside. Drain and rinse the **pinto beans**, set aside.
4. In a large bowl, whisk together **1 tsp lemon zest, 1 lemon juiced (about 2 TB), 2 TB Champagne vinegar, 1 TB olive oil, 1 tsp sugar, and 1/4 teaspoon salt & 1/4 tsp black pepper**. Add trimmed and cooked **green beans, cooked couscous, halved tomatoes, chopped olives, chopped parsley, chopped sun-dried tomatoes, and drained & rinsed pinto beans**. Stir until well combined. Can be served warm or cooled.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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