

Couscous with Roasted Summer Vegetables

- 10 ounces couscous
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 clove garlic, minced
- 3/4 teaspoon Italian seasoning
- 2 tablespoon olive oil
- 3 tablespoons balsamic vinegar
- 1 red bell pepper cut into 1/2-inch wide strips
- 1 yellow bell pepper cut into 1/2-inch wide strips
- 1 small yellow squash cut into 1/4-inch thick diagonal slices
- 1 small zucchini cut into 1/4-inch thick diagonal slices
- 8 ounces sliced mushrooms
- 5 ounces feta cheese, crumbled



1. Preheat oven to 425°F. Line a sheet pan with aluminum foil, spray with nonstick vegetable spray.
2. Prepare couscous according to package directions. Set aside.
3. In small bowl or measuring cup mix together salt, pepper, garlic, seasoning, olive oil and vinegar.
4. Combine red and yellow peppers, yellow squash, zucchini and mushrooms in large bowl. Add dressing mixture and toss well.
5. Using a slotted spoon to drain away dressing spread vegetables on prepared sheet pan. Reserve dressing remaining in bowl.
6. Roast vegetables for 10 to 12 minutes or until crisp-tender. Cool vegetables.
7. Combine cooled vegetables, remaining dressing and cheese. Toss well. Serve over couscous.

Serves 6.

Nutrition Facts		
Servings per recipe: 6		
Calories 311	Calories from fat 90	
% Daily Value		
Total Fat 10g		16%
Saturated Fat	4g	21%
Cholesterol 21mg		7%
Sodium 450mg		19%
Carbohydrate 44g		15%
Dietary Fiber	4g	17%
Protein 11g		22%
Vitamin A: 29%	Vitamin C: 134%	Folacin: 12%
Calcium: 15%	Iron: 9%	Potassium: 13%

Modified from original source: Wheat Foods Council at <http://www.wheatfoods.org>
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