

Asparagus, Feta, and Couscous Salad

This elegant yet simple salad is lovely on its own or as a complement to a main course.

Prep time: 10 minutes

Cook time: 20 minutes

Makes: 4 servings

Source: Allrecipes.com

Ingredients

- 2 cups couscous
- 1 bunch fresh asparagus, trimmed and cut into 2-inch pieces
- 8 ounces grape tomatoes
- 6 ounces feta cheese
- 3 tablespoons balsamic vinegar
- 2 tablespoons extra-virgin olive oil
- Black pepper, to taste

Directions

1. Cook couscous according to package instructions. Put aside and allow to cool slightly.
2. Meanwhile, place asparagus in steamer over 1 inch of boiling water and cover. Cook until tender but still firm, about 2 to 6 minutes. Drain and cool.
3. Toss the asparagus, tomatoes, and feta with couscous. Add the olive oil, balsamic vinegar, and black pepper and toss to incorporate.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/4 of the recipe

Nutrients	Amount
Calories:	300 g
Total Fat:	16 g
Saturated Fat:	7 g
Cholesterol:	38 mg
Sodium:	495 mg
Total Carbohydrates:	29 g
Dietary Fiber:	4 g
Total Sugars:	5 g
Added Sugars	0 g
Protein:	12 g

Utensils Needed

- Pot
- Steamer OR microwave-safe baking dish and plastic wrap
- Measuring cups and spoons
- Knife

SHOPPING LIST

Average total cost without oil and seasonings: \$13.04

Average cost/serving: \$3.26

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Couscous, 8.8 oz



Add 1 to Cart
Crumbled Feta Cheese, 3 oz.



Add 1 to Cart
1 bunch Asparagus, 20-30
spears (avg)



Add 1 to Cart
Balsamic Vinegar, 17 fl oz



Add 1 to Cart
Grape tomatoes, 1 pint

SAVE TIME, SAVE MONEY

My Cooking Notes

Produce Tips

- Try to buy stalks that are similar in size so that they will cook the same.
- Choose stalks that are firm and not wilted.
- Try to buy and eat asparagus the same day for best results.

Storage Tips

- If you choose to store your asparagus for a few days, trim the ends and place in a large jar with a little bit of water in the bottom. Be sure to change the water daily.