



APR 1, 2011

FOOD &amp; RECIPES

# Tomato Couscous



Kate Mathis

Large pearl couscous, also called Israeli couscous, adds dimension to this simple, healthy Mediterranean salad of fresh and sun-dried tomatoes, green beans, and olives.

**TOTAL TIME: 0:30****PREP: 0:25****LEVEL: Easy****SERVES: 4**

# Ingredients

¼ c. sun-dried tomatoes (not oil-packed)

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12 oz. green beans

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1 c. Israeli (pearl) couscous

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1 pt. grape tomatoes

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½ c. pitted Kalamata olives

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½ c. packed fresh flat-leaf parsley leaves

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1 lemon

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2 tbsp. Champagne vinegar

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1 tbsp. extra virgin olive oil

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1 tsp. sugar

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salt

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pepper

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1 can no-salt-added pinto beans

# Directions

- 1 In small bowl, cover sun-dried tomatoes with hot water. Let stand.
- 2 Heat large covered saucepot of water to boiling on high. Fill large bowl with ice and water. Add green beans to boiling water. Cook 4 to 5 minutes or until crisp-tender; transfer to ice water. When cool, drain well. Cut into 1-inch pieces.
- 3 Cook couscous as label directs. Drain, rinse with cold water, and drain again.
- 4 Meanwhile, cut grape tomatoes in half and chop olives and parsley.
- 5 Into large bowl, from lemon, grate 1 teaspoon peel; squeeze 2 tablespoons juice. Stir in vinegar, oil, sugar, and 1/4 teaspoon each salt and freshly ground black pepper. Drain sun-dried tomatoes well; stir into mixture. Add beans, couscous, grape tomatoes, olives, parsley, and 1/4 teaspoon each salt and freshly ground black pepper. Stir until well mixed.