

# MEDITERRANEAN GRAIN BOWL

..... SERVES 4



## Couscous Ingredients

- 1 cup couscous
- 1 tablespoon olive oil
- 1 large onion, sliced
- 1 bell pepper, sliced
- 2 cloves garlic, minced
- 1 teaspoon chopped fresh mint
- 1 tablespoon chopped fresh parsley
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 cup arugula
- 1 15-oz can no salt added chickpeas, drained
- 1 pint cherry tomatoes, halved
- 1 medium cucumber, chopped



## Vinaigrette Ingredients

- 6 tablespoons red wine vinegar
- 2 teaspoons honey
- 2 teaspoons dried oregano
- ½ teaspoon pepper
- ½ cup olive oil

## Couscous Preparation

Bring 2 cups of water to a boil. Stir in couscous. Cover and remove from heat. Let sit for 5 minutes (do not remove the lid), then use a fork to fluff couscous before serving.

Heat olive oil in a large sauté pan over medium-high heat. Add onion, bell pepper, and garlic. Cook, stirring occasionally, until vegetables soften but are still crisp, 3-5 minutes. Stir in mint, parsley, salt and pepper.

## Vinaigrette Preparation

Combine all ingredients in a large jar. Tighten the lid and shake until evenly-mixed.

## Grain Bowl Assembly

Divide couscous between four bowls or meal-prep containers. Top with arugula, sautéed vegetables, chickpeas, tomatoes, and cucumbers. If eating immediately, drizzle with vinaigrette. For meal prep, package the dressing separately in a small container and add it to your salad just before eating.