

## Bruschetta Couscous Salad

Serves: 8- ½ cup

1 can (14.5 oz) Petite diced tomatoes, un-drained  
¼ cup vegetable stock  
2 tablespoons olive oil  
2 tablespoons fresh basil, chopped  
¼ cup red onion, minced  
2 garlic cloves, minced  
1 tablespoon red wine vinegar  
1/8 teaspoon salt  
1/3 teaspoon black pepper  
1 cup whole grain couscous, uncooked

Heat a sauce pan with olive oil on medium high heat. Add onions and sauté until caramelized. Once onions are caramelized add garlic and sauté for 1 minute. Then add tomatoes with juice, vegetable stock, basil, vinegar, salt and pepper. Bring to a boil. Remove sauce pan and stir in couscous. Cover and let stand for 5 minutes or until liquid is absorbed. Fluff mixture with a fork and serve.

### Nutritional Information:

Calories: 131; Carbohydrates: 21g; Protein: 4g; Fat: 3.7g; Saturated Fat: <1g; Cholesterol: 0mg;  
Sodium: 160mg; Fiber: 4g