

# Full Page

Mediterranean Couscous Salad with Chickpeas

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## Mediterranean Couscous Salad with Chickpeas

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466 Calories | 271 mg Sodium | \$3.03 Per Serving

Grapes add sweetness to this easy, This Simple Cooking with Heart, no-cook dish that works easily for a packed lunch to work or for dinner.

### Ingredients

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1 3/4 cups water  
1 cup whole-wheat couscous  
2 medium cucumbers  
1 1/2 cups green or purple grapes  
3 green onions  
15.5 oz. canned, low-sodium chickpeas (also called garbanzo beans)  
1/3 cup chopped, pit removed black or Kalamata olives  
2 Tbsp. dried parsley  
1/2 cup chopped, fresh parsley  
1 1/2 Tbsp. olive oil or canola oil  
1 Tbsp. lemon juice  
4 Tbsp. reduced-fat feta cheese crumbles

### Directions

**Total Time:** 0

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1. Using the microwave or a teapot, bring 1 1/4 cups water to a boil. Add into a medium-sized heatproof container, along with couscous. Stir together and cover with a lid or very tightly with plastic wrap. Let couscous sit for 10 minutes.
  2. Meanwhile, peel cucumbers. Quarter each cucumber and then cut into 1-inch chunks. Add into a large bowl. If desired, halve the grapes or add them whole into the bowl. Chop the scallions, about 1/4 cup, and add into the bowl.
  3. When couscous is finished, use a fork to fluff it and then add into the bowl along with the olives, chickpeas, parsley, oil, and lemon juice. Use a large spoon or spatula to stir to combine. Serve, topping each portion with 1 tablespoon feta cheese.

### Additional Tips

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