

# Israeli Couscous With Carrots, Peas, and Red Wine Vinegar

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick

Israeli couscous is creamy and fluffy, balancing out the bite of the onions and vinegar.

## About the Recipe

**439 Calories · 14 g Protein · 1 g Fiber**

**Lunch · Dinner**

**Nut-free**

Carrots contain beta-carotene, lutein, and zeaxanthin, which are essential to eye health.

Note: A stick of celery is also called a rib of celery. A celery stalk is the whole bunch!

## Ingredients

***Makes 2 Servings***

- 1 1/4 c (300 mL) vegetable stock
- 1 c (173 mL) Israeli couscous
- 1 carrot, diced
- 1 stalk celery, diced
- 1/2 red bell pepper, diced
- 1/4 red onion, diced or 3 tbsp. diced shallot
- 3 tbsp (45 mL) chopped parsley
- 2 tbsp (30 mL) chopped fresh mint
- 1/4 c (36 g) peas
- 1/4 tsp (1.2 mL) ground cinnamon
- 3 tbsp (45 mL) red wine vinegar

## Directions

1. Bring the stock to a boil.
2. Add the Israeli couscous and remove it from the heat. Stir the couscous until it absorbs all the stock and set it aside. Toss all the ingredients together and chill.&nbsp;

## Nutrition Facts

*Per serving (1 slice)*

**Calories:** 382 kcal

**Fat:** 1 g

**Saturated Fat:** <0.5 g

**Calories From Fat:** 2%

**Cholesterol:** 0 mg

**Protein:** 13.5 g

**Carbohydrates:** 70 g

**Sugar:** 7 g

**Fiber:** 8 g

**Sodium:** 482 mg

**Calcium:** 82 mg

**Iron:** 2.7 mg

**Vitamin C:** 52 mg

**Beta-Carotene:** 4415 mcg

**Vitamin E:** 1.2 mg