



# Confetti Couscous

Prep: 15 minutes | Cook: 10 minutes | Total: 25 minutes

Yield: 6 servings | Serving Size: 1½ cups

## Ingredients

- 1½ cups water
- ½ teaspoon ground cumin
- 1 cup uncooked couscous (whole-wheat if available)
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons lime juice (about 2 limes)
- 1 medium onion, diced (about 1 cup)
- ½ cup fresh chopped cilantro
- 1 cup frozen corn kernels
- 1 bell pepper, diced (about 1 cup)
- 1 cucumber, diced (about 1 cup)
- 1 (15-ounce) can no-salt-added black beans, drained and rinsed

## Directions

1. Add the water and cumin to a medium saucepan. Bring to a boil over high heat.
2. Add the couscous and stir to combine.
3. Cover the pot with a lid and remove it from heat. Let sit until the couscous is tender, about 5 minutes.
4. While the couscous cooks, add the oil and lime juice to a large mixing bowl and whisk together to make a dressing. Add the onion and cilantro. Stir to combine, then set aside.
5. Fluff the cooked couscous with a fork, then stir in the corn.
6. Place the lid back on the pot and let sit until the corn is thawed, about 3-5 minutes.
7. Combine the dressing-onion mixture with the couscous and corn mixture. Add the bell pepper, cucumber, and beans. Toss to combine.
8. Serve warm, or chill before serving if desired.

## Recipe Notes

- Substitute fresh basil or parsley for the cilantro if desired.
- Try using quinoa or millet instead of the couscous.

**Nutrition Facts Per Serving: Calories: 230 | Total Fat: 5.5 g | Saturated Fat: 1 g  
Sodium: 20 mg | Total Carbohydrate: 40 g | Dietary Fiber: 5.5 g | Protein: 7 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



**VA** | U.S. Department  
of Veterans Affairs