**Mediterranean Couscous Salad with Chickpeas**

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**

- 1 3/4 cups water
- 1 cup whole-wheat couscous
- 2 medium cucumbers, cut into quarters
- 1 1/2 cups green or purple grapes, halved
- 3 green onions
- 15.5 oz. canned, low-sodium chickpeas (also called garbanzo beans), drained, rinsed

- 1/3 cup chopped, pit removed black or Kalamata olives
- 2 Tbsp. dried parsley OR
- 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, divided

**Directions**

1. Using the microwave or a teapot, bring 1 ¼ 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 ¼ 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

**Cooking Tip:** When using naturally salty food like feta cheese and olives, you don't need to add extra salt into a dish.

**Keep it Healthy:** Canned items, like beans and vegetables, should be drained and rinsed with water in a colander to remove some of the salt added during the canning process.

**Tip:**

- English cucumber can be substituted for 2 medium regular cucumbers—English cucumbers, however, are often more expensive so only substitute if they are on sale.

**Leftover ingredients?**

Search for the ingredient below and use the remaining amount in those recipes!

Find Recipes