

## Bell Pepper and Fresh Mozzarella Couscous



### Ingredients

1/2 cup water  
1/3 cup uncooked couscous  
1/8 teaspoon salt  
1/4 cup chopped bottled roasted red bell peppers  
1/4 cup canned artichoke hearts, rinsed, drained, and chopped  
1/4 cup (1 ounce) chopped fresh mozzarella cheese  
1 tablespoon chopped fresh basil  
1 tablespoon balsamic vinegar  
1 teaspoon extravirgin olive oil  
1/8 teaspoon freshly ground black pepper  
2 kalamata olives, pitted and sliced

### Preparation

Bring water to a boil in a small saucepan; gradually stir in couscous and salt. Remove from heat; cover and let stand 5 minutes. Fluff with a fork.  
Add bell peppers and remaining ingredients; toss gently to combine. Cover and chill.

### Yield

1 serving (serving size: 2 cups)

### Nutritional Information

CALORIES 407(29% from fat); FAT 13.3g (sat 5.1g,mono 4.9g,poly 1g); IRON 2.2mg;  
CHOLESTEROL 22mg; CALCIUM 197mg; CARBOHYDRATE 54.7g; SODIUM  
798mg; PROTEIN 14.7g; FIBER 3.5g