



STRONG Heart Program Recipe-of-the-Month

Couscous with Chickpeas, Tomatoes, and Edamame (Sweet Green Soybeans)

Recipe featured in *Cooking Light*
Ingredients compliments of Lori's Natural Food Store

Ingredients:

1 tablespoon olive oil
1 cup fresh or frozen shelled edamame (green soybeans)
½ teaspoon crushed red pepper
4 garlic cloves, minced
2¼ cups water, divided
¼ cup chopped fresh basil
1 (16-ounce) can chickpeas, drained and rinsed well
1 (14.5 ounce) can diced tomatoes, undrained
1 cup uncooked whole wheat couscous
2 cups coarsely chopped green onions
½ cup crumbled reduced fat feta cheese

Directions:

1. Heat olive oil in a large skillet over medium heat. Add edamame, red pepper, and garlic, cook 3 minutes, stirring frequently. Stir in ½ cup water, basil, chickpeas, and tomatoes; simmer 15 minutes.
2. Add 1¾ cups water, bring to a boil. Gradually stir in couscous. Remove from heat; cover and let stand 5 minutes. Stir in onions and feta, toss well.

Servings: 5 servings **Serving Size:** 1⅓ cups

Nutrition Information: 450 calories, 9g fat, 3 sat. fat, 15mg cholesterol, 530 sodium, 60g carbohydrate, 11g fiber, 21g protein.