



## INGREDIENTS

- 1 teaspoon canola oil
- ½ cup diced onion
- 1 cup diced orange pepper
- 1 cup dried pearl couscous
- 1 ½ cup low-sodium vegetable broth
- Vegetable oil cooking spray
- 1 ½ cup fresh or frozen corn
- 4 cups lightly packed spinach
- 1 cup cherry tomatoes, cut in half
- 1 cup low-sodium black beans, rinsed and drained
- ¼ cup green onions, chopped
- ¼ minced cilantro

## VINAIGRETTE INGREDIENTS

- Juice from 2 limes (about ¾ cup)
- ¼ cup olive oil
- 1 garlic clove, minced
- 2 teaspoons honey
- 1 tablespoon minced cilantro
- ¼ teaspoon salt

### Nutrition Information:

Calories: 496, Total Fat: 19g, Saturated Fat: 2.5g, Cholesterol: 0mg, Sodium: 254mg, Total Carbohydrates: 71g, Fiber: 10g, Protein: 14g

## DIRECTIONS (Yields 4 servings)

1. Place canola oil in a medium saucepan over high heat. Add onion and bell pepper and sauté until onion are translucent. Add vegetable broth and couscous. Bring to a boil, then reduce heat to low and simmer for 15 minutes, until couscous absorbs liquid. Set aside.
2. Spray a medium sauté pan liberally with cooking spray and place over high heat. When hot, add corn and sear until brown, taking care not to let it burn. Set aside.
3. To make vinaigrette, combine lime juice, olive oil, garlic, honey, cilantro and salt in a medium-sized bowl and whisk until combined. To assemble, divide spinach, couscous, corn, tomatoes, black beans, green onion and cilantro among four bowls.
4. Drizzle each with vinaigrette.