

From our kitchen to yours



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Greek Style Couscous and Egg Wrap

Courtesy of Health Canada - www.cookspiration.com

PREP TIME: 10 min **COOK TIME: 5 min** **TOTAL TIME: 15 min** **YIELDS: 4 wraps**

Ingredients:

1/2 cup	whole grain couscous	1/3 cup	0% fat plain Greek yogurt
1	clove garlic, minced	1/2 cup	quartered grape tomatoes or chopped tomatoes
1/2 tsp	dried thyme or Italian herb seasoning	1/4 cup	crumbled light feta cheese*
3/4 cup	sodium reduced vegetable or chicken broth	3 tbsp	chopped fresh basil or parsley
1/4 cup	each grated carrot and zucchini or diced bell pepper	1/4 tsp	fresh ground pepper
3	hard cooked eggs, peeled	4	small whole grain flour tortillas

Directions:

Place couscous in a bowl with garlic and thyme. Bring broth to a boil and pour over couscous. Stir in carrot and zucchini; cover and let stand for 5 minutes.

Meanwhile, in another bowl, mash eggs with a fork and stir in yogurt, tomatoes, feta, basil and pepper. Add couscous mixture and stir to combine.

Divide among the tortillas and roll up to enjoy.

TIP: Switch up your cheese. Try goat cheese or ricotta instead of the feta for a flavour twist.

