

# TOMATO BASIL COUSCOUS WITH SALAD SHRIMP



This dish features a refreshing combination of tender pearl couscous, sun-ripened tomato, and aromatic basil, tossed with succulent chilled salad shrimp. The Mediterranean-inspired flavors provide a bright and elegant alternative to traditional pasta salads. Because it utilizes a fully prepared couscous salad as its base, healthcare kitchens can offer a gourmet, texturally diverse entree that is both shelf-stable and easy to scale.

## Ingredients:

- 5 oz. Brickman's Tomato Basil Couscous Salad (GFS #964707)
- 5 oz. Salad Shrimp (GFS #753532)






**Tastefully Balanced Nutritional Info**  
750mg Sodium or less | 15g protein or more

## Nutritional Highlights (per 8 oz. serving)

This profile is exceptionally balanced, making it a “lean and green” highlight for healthcare meal plans:

- **High Protein Density:** Provides 18g of protein at only 250 calories, offering a high satiety factor for lighter appetites.
- **Very Low Saturated Fat:** Contains only **1g of saturated fat (5% DV)**, making it one of the most heart-healthy entrees in the series.
- **Essential Minerals:** A strong source of **iron (15% DV)** and **potassium (200mg)** to support metabolic health.
- **Moderate Carbohydrates:** With only **22g of carbohydrates**, this is an excellent choice for managing glycemic intake while still providing whole-grain energy.

Product	Description	Code #	Pack Size
 <b>Brickman's®</b> Tomato Basil Couscous	Bring a taste of the Mediterranean to your menu with this flavorful, convenient couscous salad. Fluffy couscous is tossed with juicy tomatoes and a touch of fresh basil creating a versatile crowd-pleaser that's perfect for busy kitchens.  	964707	2/5 lb.

LEGEND:  Dairy Free  Gluten Free  Kosher  Vegan  Vegetarian

