Whole Wheat Couscous Tabbouleh

Ingredients (makes around 5 cups):
1 cup vegetable stock
¾ cup whole wheat couscous
1 cup halved cherry tomatoes
1 ½ cups, diced cucumbers
½ cup diced red onion
½ finely chopped Italian flat-leaf parsley
¼ cup finely chopped fresh mint
1 lemon, juiced
1 teaspoon red wine vinegar
2 tablespoons olive oil
Salt and pepper, to taste

Instructions:
1. Heat the stock in a saucepan until it boils. Stir the couscous into the stock, cover, and turn off the heat, set aside for 10 minutes.
2. Meanwhile toss all of the remaining ingredients together.
3. Fluff the couscous with a fork and stir into the cucumber mixture. Mix well, refrigerate until ready to serve.