

WHOLE WHEAT COUSCOUS SALAD WITH FRESH HERBS

Yield: 6 portions

Ingredients	Amounts
Fantastic® Whole Wheat Couscous <i>or other brand with similar fiber and protein content</i>	1½ cups
Chicken stock or water	3 cups
Canola oil	3 Tbsp.
Parsley, chopped	¼ cup
Mint, fresh, chopped	½ cup
Cilantro, chopped	¼ cup
Dried apricots, diced	8-10 ea.
Dried figs, diced	5 ea.
Currants or dried cranberries	¼ cup
Pistachios, toasted	¼ cup
Lemon, zest and juice	1 ea.
Kosher salt	to taste
Freshly ground black pepper	to taste

Method

1. Heat the chicken stock or water to boiling. Add 1 tablespoon canola oil and salt to taste. Pour in the couscous, gently stirring, simmer, covered, on low heat for 2 – 3 minutes. Turn off the heat and let sit for 10 minutes. Gently fluff with a fork. Set aside.
2. Add remaining ingredients and adjust seasonings.

Note:

Fantastic World Foods® Whole Wheat Couscous contains: 6g fiber, 7g protein per ¼ cup (uncooked) serving

Variation: For a Mediterranean style couscous, you can substitute the dried fruits with the following ingredients.

Scallions, thinly sliced	4 ea.
Cucumber, peeled, diced	1 ea.
Tomatoes, diced	1 ea.

Recipe credit: Dr. David Eisenberg, as presented at the Healthy Kitchens, Healthy Lives Conference. Presented at Plenary Session V on March 19, 2010.

Nutrition Information Per Serving

Calories	424			
Total Fat	13 g	Sodium	176 mg	7% DV
Saturated Fat	2 g	Potassium	435 mg	12% DV
Trans Fat	0 g	Iron	3.25 mg	18% DV
Cholesterol	4 mg	Calcium	55 mg	5% DV
Carbohydrate	68 g	Folate	18 mcg	4% DV
Dietary Fiber	10 g	Vitamin A	912 IU	18% DV
Protein	13 g	Vitamin C	11 mg	18% DV