



Summer Vegetable & Couscous Salad

Serves: 4-6

Ingredients:

2 tbsp	Olive Oil
2-3 each	Garlic cloves, chopped
½ each	Onion, small chopped
¾ cup	Vegetable or Chicken Stock, low sodium
1 each	Orange or lemon zest (if fresh is available and being used)
¼ cup	Orange Juice, fresh squeezed or bottled
To taste	Salt & Pepper
1 cup	Whole Wheat Couscous, uncooked
1 cup	Chick Peas, canned and drained or cooked
1 each	Cucumber, med size, washed and medium diced
1 each	Tomato, medium diced
2 tbsp	Fresh herbs, such as basil, mint, cilantro or dill, chopped
2 oz	Feta Cheese (OPTIONAL)

Method of Preparation:

1. Place oil in medium sized pot and heat over medium-high heat. Once hot, add in garlic and onions and sauté until onions become slightly translucent, about 2 minutes. Stir often to avoid burning.
2. Add in the stock and orange juice and bring to a boil. Once boiling, stir in couscous and chick peas and cover. Shut off heat and allow to sit, covered for 5 minutes.
3. While couscous is cooking, cut cucumber, tomato and chop herbs.
4. After 5 minutes, stir vegetables into couscous along with zest, if adding. Fluff with fork and serve warm or allow to cool. Top with feta cheese crumbles (if using) and enjoy!

Serving Suggestions: Try this salad with other veggies, such as zucchini, summer squash peppers, greens, broccoli... or whatever you like! Simply substitute the cucumber and tomato for 2 cups of vegetables of your choice. Serve this salad warm or cold as a side or salad. Add grilled shrimp or chicken and serve as an entrée. Try different herbs and cheeses for a twist, or different fruit juices.

Nutritional Information- Per Serving:

Calories:	200	Sodium:	510 mg	Vitamin A:	6%
Cal from Fat:	60	Carbohydrates:	28 g	Vitamin C:	20%
Total Fat:	7 g	Fiber:	5 g	Calcium:	8%
Saturated Fat:	1.5 g	Sugar:	4 g	Iron:	10%
Cholesterol:	5 mg	Protein:	8 g		