

Couscous Salad

Brought to you by Holly Clegg and Eating Well Through Cancer

Couscous only takes minutes to prepare and this wonderful combination of flavors, colors and crunch.

Makes 6 cups/serving size: 2/3 cup

1 teaspoon minced garlic, divided
4 tablespoons lemon juice, divided
2 1/2 cups canned fat-free chicken broth
1 1/2 cups couscous
1/3 cup chopped fresh parsley
1 cup shelled edamame, cooked crisp tender according to directions
5 green onions, chopped
1/2 cup peanuts
1/2 cup dried cranberries
2 tablespoons olive oil
Dash of hot pepper sauce



1. In pot coated with nonstick cooking spray, sauté 1/2 teaspoon garlic and add 1 tablespoon lemon juice and chicken broth. Bring to full boil and add couscous, cover pot and remove from heat.
2. Let sit 5 minutes, fluff with a fork and add parsley. Set aside to cool. When cool, add snow peas, green onions, peanuts, and cranberries.
3. For dressing, mix together remaining 1/2 teaspoon minced garlic and 3 tablespoons lemon juice, oil, and hot sauce. Toss dressing with couscous mixture.

Nutritional information per serving

Calories 202, Protein (g) 7, Carbohydrate (g) 29, Fat (g) 7, Cal. from Fat (%) 31, Saturated Fat (g) 1, Dietary Fiber (g) 4, Cholesterol (mg) 0, Sodium (mg) 164, Diabetic Exchanges: 1.5 starch, 0.5 fruit, 1 fat

Terrific Tidbit: A high fiber recipe with the ingredients providing calcium and vitamin C.