

Fruity Couscous Salad

Brought to you by Holly Clegg and Eating Well Throug Cancer

Couscous is made from semolina and is found in your local grocery store. Couscous is easily prepared to create this wonderful salad.

Makes 8 cups, 10 - 12 servings

2 cups canned fat-free chicken broth
2 cups couscous
1/2 cup dried tart cherries or dried cranberries
2/3 cup coarsely chopped carrots
1 cup chopped unpeeled cucumber
1 bunch green onions, chopped
1/4 cup pine nuts or slivered almonds, toasted, optional
3 tablespoons balsamic vinegar
1 tablespoon olive oil
1 tablespoon Dijon mustard
Salt and pepper to taste

1. Bring broth to boil in medium sauce- pan; stir in couscous. Remove from heat; let stand, covered, 5 minutes. Fluff with a fork. Uncover; cool 10 minutes.
2. Combine cooked couscous, dried fruit, carrots, cucumber, green onions, and pine nuts in large bowl; mix well. Combine vinegar, olive oil, and mustard in small bowl; mix well.
3. Pour dressing mixture over couscous mixture; stir to coat all ingredients. Season with salt and pepper, if desired. Serve chilled or at room temperature.

Nutritional information per serving

Calories 144, Protein (g) 5, Carbohydrate (g) 29, Fat (g) 1, Cal. from Fat (%) 8, Saturated Fat (g) 0, Dietary Fiber (g) 2, Cholesterol (mg) 0, Sodium (mg) 141, Diabetic Exchanges: 1.5 starch, 0.5 fruit

Terrific Tidbit: Carrots provide potassium and beta carotene. Carrots may lower blood cholesterol. The dried fruit also adds fiber and potassium.