



SUMMER COUSCOUS SALAD

SUBMITTED BY: Kimberly Taylor, Registered nurse, Family birthing

It tastes amazing and fresh great for gatherings and makes a lot :) hope everyone loves this as much as I do!

DIRECTIONS:

1. In a medium saucepan, bring the broth to a boil. Stir in the couscous. Cover the pan, remove from the heat and let stand for five minutes.
2. Transfer the couscous to a large bowl and fluff with a fork. Let the couscous cool to room temperature.
3. In a small bowl or liquid measuring cup, whisk together the olive oil, vinegar, red pepper, salt, paprika, and pepper. Set aside.
4. Add the chopped green onions, basil, tomatoes, lemon zest and feta cheese to the cooled couscous and toss.
5. Pour the vinaigrette over the salad and stir or toss until combined. Serve chilled or at room temperature.

INGREDIENTS:

2 cups low-sodium chicken broth
1 1/2 cups whole wheat couscous, uncooked
1/4 cup extra virgin olive oil
1/3 cup red wine vinegar
1/4 teaspoon crushed red pepper flakes
1/2 teaspoon salt
1/2 teaspoon paprika
1/8 teaspoon black pepper
6 green onions, white and green parts chopped
1/3 cup thinly sliced fresh basil or 1 tablespoon dried basil
1 pint cherry tomatoes, halved
Zest of 1 lemon
1 cup reduced fat feta cheese