

Couscous Salad

Couscous is made of tiny grains of pasta and is a staple of North African cooking. It combines well with dried cherries in this high-fiber salad, which can be served as a great accompaniment to pork, lamb or poultry.

1 cup water
¾ cup couscous
½ cup dried tart cherries
½ cup coarsely chopped carrots
½ cup chopped cucumber
¼ cup sliced green onions
¼ cup toasted slivered almonds
3 tbsp. balsamic vinegar
1 tbsp. olive oil
1 tbsp. Dijon-style mustard
Salt and pepper to taste

In a medium saucepan, bring water to a boil. Add couscous and remove from heat. Let stand, covered, for 5 minutes before fluffing couscous with a fork. Put cooked couscous, dried cherries, carrots, cucumbers, green onions and almonds in a large mixing bowl and mix well. In a separate bowl, combine vinegar, olive oil and mustard; mix well. Pour over couscous, stirring to coat all ingredients. Season with salt and pepper. Serve chilled or at room temperature.

Yield: 6 servings. Each serving provides 190 calories, 1g of fat, 0mg of cholesterol, 28mg of sodium and 9g of fiber.

Source: Michigan Department of Community Health