

Tropical Couscous Salad

Featuring couscous

From North Africa and Morocco

Serves # of people

Ingredients

1 cup orange juice
1 cup water
1 teaspoon olive oil
1/2 teaspoon ground ginger
2 cups couscous
1 can (15 oz. size) mandarin oranges, drained, reserve juice
1 cup peas (if using frozen, defrost first)
1/2 cup chopped green onions or scallions
1/2 cup dried cranberries
1/2 teaspoon grated orange zest
1 dash cayenne pepper
1 teaspoon lemon juice
1/4 cup chopped walnuts, toasted



Directions

1. In a saucepan, bring orange juice, water, olive oil, and ginger to a boil. Add couscous, stir, remove from heat, and cover for 7 minutes.
2. Transfer couscous to a bowl and add oranges, peas, green onions, cranberries, and orange zest, mixing well.
3. In a small bowl, whisk together cayenne, lemon juice, and 1/3 cup of reserved mandarin juice (or more until desired consistency is reached) and toss with salad.
4. Add walnuts. Refrigerate.

<http://www.fabulousfoods.com/recipes/article/153/18893>

Serving Size: 1 cup, Serving Per Container: 10, Calories: 210, Calories from Fat: 25, Total Fat: 2.5g, Saturated Fat: 0g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 20mg Total Carbohydrate: 40g, Dietary Fiber: 4g, Sugars: 10g, Protein: 6g, Vitamin A: 15% Vitamin C: 45%, Calcium: 2%, Iron: 6%, 3 Starch exchanges.