

## California Couscous Salad

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Inspired by her favorite tabbouleh recipe, Calderon substituted couscous for the usual bulgur wheat and came up with this light, crunchy salad.

**PREP AND COOK TIME:** 20 minutes

**MAKES:** 6 servings

- 1<sup>3</sup>/<sub>4</sub> cups (14 oz.) chicken broth
- 1<sup>1</sup>/<sub>2</sub> cups (12 oz.) couscous
- 1/3 cup olive oil
- 1/3 cup lemon juice
- Salt and pepper
- 1 medium red pepper, finely chopped
- 1 small red onion, finely chopped
- 1/2 cup sliced almonds, toasted and chopped
- 1/2 cup finely chopped fresh cilantro
- Cilantro sprigs and lemon slices (optional)

**1.** In a small pot over high heat, bring chicken broth and 1/4 cup water to a boil. Add couscous, cover, and remove from heat. Let sit 5 minutes. Fluff with a fork.

**2.** In a large bowl, whisk together olive oil and lemon juice. Pour over couscous and toss to coat. Add salt and pepper to taste.

**3.** Stir in red pepper, red onion, almonds, and chopped cilantro. Garnish with cilantro sprigs and lemon slices if you like. Serve at room temperature.

**Per serving:** 349 Cal., 41% (144 Cal.) from fat; 8.9 g protein; 16 g fat (2 g sat.); 42 g carbo (2.4 g fiber); 151 mg sodium; 0 mg chol.