

California Couscous Salad

SUZANNE CALDERON, OCEANSIDE, CA

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 3/4 cups (14 oz.) chicken broth
1 1/2 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 $\frac{1}{4}$ 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.