

# Couscous Salad

When setting goals for healthier eating, make small changes that will work for you, like taking the time to enjoy healthy meals. This recipe is quick and easy to prepare, helping you in your goal to eat healthier.



## Ingredients:

2 cups	Whole wheat couscous	500 mL
2 cups	Water	500 mL
1 can	Chickpeas	540 mL
1 ½ cups	Corn	398 mL
¼ cups	Red onion, diced.	60 mL
3 medium	Tomato, diced	3 medium
1 bunch	Green onion, chopped (about 1 cup)	1 bunch
½ cup	Parsley or cilantro, chopped	125 mL
¼ cup	Canola oil	60 mL
¼ cup	Lemon juice, fresh (or 1 tablespoon bottled juice)	60 mL
1 tsp	Salt	5 mL
½ tsp	Pepper	2 mL

## Directions:

1. In a medium pot, bring water to boil. Add couscous, cover and remove from heat. Let stand until all liquid is absorbed (10 to 15 minutes).
2. Fluff couscous with a fork.
3. Drain chickpeas and corn and rinse with cold water.
4. In a large bowl, mix red onion, green onion, parsley or cilantro, chickpeas, corn and couscous.
5. In a small bowl, mix oil, lemon juice, salt and pepper.
6. Add oil mixture to the salad and toss gently. Let salad stand for 10 to 15 minutes.
7. Serve at room temperature as a snack or side dish.

**Makes 8 servings (375 ml / 1 ½ cups / 257 g)**

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<b>Nutrition Facts</b>	
Per 1/8 of recipe (375 mL / 1 ½ cup / 257 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 330	
<b>Fat</b> 9 g	<b>14 %</b>
Saturated 0.5 g	<b>3 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 470 mg	<b>20 %</b>
<b>Carbohydrate</b> 55 g	<b>18 %</b>
Fibre 5 g	<b>20 %</b>
Sugars 5 g	
<b>Protein</b> 11 g	
Vitamin A	20 %
Vitamin C	35 %
Calcium	4 %
Iron	20 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
High in fibre	5 g
Low in saturated fat	0.5 g
High in potassium	433 mg
High in magnesium	56 mg
Very high in folate	110 mcg
High in iron	2.5 mg
High in fibre	5 g

<b>Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	1
Grain Products	1
Milk and Alternatives	0
Meat and Alternatives	¼

This is a Choose Most Often recipe (Mixed Dish – Vegetarian) according to the Alberta Nutrition Guidelines.