# Fruit and Nut Israeli Couscous Salad

Source: thechunkychef.com

## **Ingredients:**

#### 2 tablespoons olive oil

- 2 cups couscous
- 4 cups low-sodium chicken broth
- 1/4 cup parsley, chopped
- 1 1/2 tablespoons rosemary, chopped
- 1 teaspoon fresh thyme
- 1 cup dried
- 1 medium green apple, diced
- 1 medium red pear, diced
- 2 green onions, thinly sliced
- 1/2 cup sliced almonds, toasted

### Vinaigrette:

1/4 cup apple cider vinegar

3 tablespoons maple syrup

1 teaspoon Dijon mustard

1/4 teaspoon salt

1/4 teaspoon pepper

1/4 cup olive oil

1/2 lemon zest

#### **Directions:**

- 1. Preheat oven to 350°F. Line a baking sheet and spread sliced almonds in a single layer. Bake 8 minutes or until golden brown. Set aside to cool.
- 2. Add olive oil to a saucepan and heat on medium high heat. Pour in dry couscous and toast by stirring occasionally until it's golden brown and smells nutty, about 4-5 minutes.
- 3. Add chicken broth, stir, and bring to boil. Cover and simmer for 10-12 minutes until broth has cooked off. Place cooked couscous into bowl and set aside to cool.
- 4. Add parsley, rosemary, thyme, apple, pear, cranberries, green onions, and toasted almonds. Toss to combine.
- 5. Add all vinaigrette ingredients to a small bowl and whisk until smooth. Pour over couscous and toss to combine. Enjoy!

For more information, please contact:

Benteh Nuutah Valley Native Primary Care Center Wellness Center (907) 631-7630 southcentralfoundation.com

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Amount Per Sei	rving		
Calories 260	0 Calo	ories fro	m Fat 90
		% D	aily Value
Total Fat 10g			15%
Saturated Fat 1g			5%
Trans Fat	0g		
Cholesterol 0mg			0%
Sodium 60mg			3%
Total Carbo	hydrate 3	36g	12%
Dietary Fiber 3g			12%
Sugars 10	)g		
Protein 6g			
Vitamin A 4%	6 · '	Vitamin	C 10%
Calcium 2%	•	ron 4%	
*Percent Daily Vadiet. Your daily vadepending on your	alues may be	e higher or	
Total Fat Saturated Fat	Less than Less than Less than	65g 20g 300mg	80g 25g 300mg

2,400mg 2,400mg





Calories per gram