Fruit and Nut Israeli Couscous Salad

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!

Nutrition Facts

Serving Size 1/2 cup (167g)
Servings Per Container 10

Amount Per Serving	
Calories 260	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 60mg	**3%**
Total Carbohydrate 36g	**12%**
Dietary Fiber 3g	**12%**
Sugars 10g	
Protein 6g	

Vitamin A 4% • Vitamin C 10%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:
Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com

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