

# QUICK COUSCOUS SALAD

Serves 6

## INGREDIENTS

1 1/2 cups pearled couscous  
1/2 cup dates, chopped  
1/4 cup dried golden raisins  
1 can chickpeas, drained and rinsed  
1/2 cup dry salted almonds, chopped  
1 cup cherry tomatoes, halved  
1/4 cup red wine vinegar  
1 tsp dijon mustard  
1 tsp honey  
1/4 cup olive oil  
Salt and pepper

## DIRECTIONS

### Step 1

Bring a 2 1/2 cups of salted water to a boil and add the couscous, cover and turn down to simmer for 8 minutes until tender. Fluff with fork and let cool to room temperature

### Step 2

In a large bowl combine cooked couscous, dates, raisins, chickpeas, almonds, and tomatoes.

### Step 3

In a small bowl combine vinegar, mustard, honey, olive oil and seasoning. Pour over couscous mixture. Toss to combine. Enjoy!

## SHOPPING LIST

Pearled Couscous

Dates

Golden raisins

Canned Chickpeas

Salted Almonds

Cherry Tomatoes

## NUTRITION

Calories: 290

Fat: 15g

Saturated Fat: 2g

Protein: 6g

Carbohydrates: 31g

Fiber: 4g

Sodium: 379mg

Recipe adapted from: Tastemade. <https://www.tastemade.com/recipes/quick-couscous-salad>, Jan 2022.