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| Food Studies 11 Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_WVSS Block: \_\_\_\_\_\_\_\_\_ |

**Couscous Salad**

Ingredients

¼ red peppers, finely diced

¼ red onions, finely diced

¼ cucumber, finely diced

30 mL raisins (optional)

55 mL couscous or quinoa

85 mL water

125 mL chickpeas

2 roma tomatoes, diced

Dressing

40 mL lemon juice

25 mL olive oil

salt & pepper to taste

1 garlic, minced

Method:

1. In a small saucepan, bring water and 1 mL salt to a rolling boil. Turn off heat and add couscous to the saucepan. Let couscous sit for 10 minutes or until no water remains.
2. Cut vegetables according to the instructions above. Toss together in a metal bowl.
3. Once couscous is done, fluff couscous with a fork. Add to the vegetable mixture.
4. Drain and add chickpeas. Combine ingredients well.
5. In a small bowl, combine dressing ingredients.
6. Add dressing to vegetable mixture and combine well.
7. Enjoy.