

RECIPE

Chickpea & Cranberry Couscous Salad

Ingredients:

1 ¼ C chicken stock
1 C dried whole wheat couscous
¼ tsp of turmeric, ginger, cinnamon,
salt & pepper, cayenne
1 C dried cranberries
1 medium diced zucchini, carrot, red/
green/yellow peppers
3 chopped green onions
2 C cooked chickpeas
1 tsp roasted flax seeds
¼ C each of lemon juice (zest of lemon) & canola oil

Directions:

Combine stock and spices, bring to a boil. Stir in couscous, remove from heat, cover and let stand for 5 min. Transfer to large bowl and let cool to room temp. Break up any couscous lumps with fingers.

Sauté zucchini and carrots in 1 T canola oil for 4 min on high, then add to couscous, cranberries, and chickpeas.

Optional: Chop in bell peppers for color. Or add chopped black olives and cherry tomatoes.

Add lemon zest and juice with canola oil.

Refrigerate for at least one hour. Garnish with fresh parsley.

