

Couscous & Fruit Salad

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Try this fruit-and-nut-studded couscous salad alongside grilled salmon or chicken for supper or on its own for a fresh lunchbox treat.

INGREDIENTS

2 tablespoon extra-virgin olive oil
2 tablespoon orange juice
1 tablespoon cider vinegar
2 teaspoons finely chopped shallots
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
2 cups cooked whole-wheat couscous
1 cup chopped nectarine
1 cup mixed fresh berries, such as blueberries and raspberries
2 tablespoon toasted sliced almonds, (see Tip)

COOKING DIRECTIONS

Step 1

Whisk oil, orange juice, vinegar, shallots, salt and pepper in a large bowl. Add cooked couscous, nectarines, berries and almonds; gently toss to combine.

RECIPE TIPS

Tip: To toast sliced almonds, heat a small dry skillet over medium-low heat. Add nuts and cook, stirring, until lightly browned and fragrant, 2 to 3 minutes.

NUTRITION INFO *per serving*

Calories: 259
Carbohydrates: 40g
Fat: 9g
Protein: 7g
Dietary Fiber: 7g
Saturated Fat: 1 g
Monounsaturated Fat: 6g
Cholesterol: 0mg
Potassium: 116mg
Sodium: 146mg
Exchanges: 2 starch, ½ fruit, 2 fat
Carbohydrate Servings: 2

