

# Couscous, Orange and Carrot Salad



## Salad Ingredients:

- 1  $\frac{3}{4}$  cups water or chicken stock
- 1  $\frac{1}{4}$  cups couscous
- 2 oranges, sectioned and chopped
- 1 cup coarsely shredded carrots
- $\frac{1}{2}$  cup raisins or currants
- $\frac{1}{4}$  cup chopped cilantro or parsley

## Dressing Ingredients:

- 2 tbsp balsamic vinegar
- 2 tbsp lemon juice
- 2 tbsp extra virgin olive oil
- 1 tbsp granulated sugar
- 1 tbsp minced gingerroot
- $\frac{1}{4}$  tsp cumin
- salt and pepper to taste.

## Instructions:

1. In a large saucepan – boil water, add couscous and stir quickly to mix. Cover and remove from heat; let stand for 10 minutes. Fluff with a fork and let cool.
2. In a salad bowl, combine oranges, carrots, raisins, herbs and couscous. Set aside.
3. In a separate bowl, whisk together: vinegar, lemon juice, oil, water, sugar, ginger, salt, pepper and cumin.
4. Pour dressing over salad mixture and toss well.
5. Cover and refrigerate until ready to serve.
6. Makes 6 servings!

### ***In motion* Nutrition Tip:**

When in a hurry, cool couscous quickly by fluffing with a fork and spreading it on a baking sheet. Be sure to break up any lumps!

