

# Couscous Salad

This salad is as pretty as it is tasty. It's even better the next day -- the cucumbers are still crunchy, and the flavors have blended together nicely.

Makes: 4 servings

Prep Time: 15 minutes

Source: FoodHero.org

## Ingredients

- ¾ cup dry couscous
- 1/3 cup dried cranberries
- 1 cup boiling water
- ½ cup low-fat Italian Salad Dressing
- 1 cucumber, peeled, seeded and diced (about 1 cup)
- 2 green onions, sliced (about 4 Tablespoons)
- ¾ cup frozen peas, thawed
- ¼ cup chopped toasted pecans (or other nuts)

## Directions

1. Place the couscous and cranberries in a large bowl.
2. Pour boiling water over the mixture; cover and let stand until just warm, about 10 minutes. Fluff with a fork to separate.
3. Add dressing and mix lightly.
4. Add the rest of the ingredients and toss lightly to mix.
5. Serve immediately. Refrigerate any leftovers within 2 hours.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1 Cup

Nutrients	Amount
Calories:	230
Total Fat:	0.5 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	210 mg
Total Carbohydrates:	35 g
Dietary Fiber:	4 g
Total Sugars:	11 g
Added Sugars:	5 g
Protein	5 g

## Utensils Needed

- Large Bowl
- Liquid Measuring Cup
- Fork
- Measuring cups
- Mixing Spoons

# SHOPPING LIST

Average total cost without oil and seasonings: \$11.93

Average cost/serving: \$2.98

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Whole Wheat Couscous  
(8.8 oz.)



Add 1 to Cart  
Fresh Cucumber



Add 1 to Cart  
Chopped Pecans (4 oz.)



Add 1 to Cart  
Frozen Peas (12 oz.)



Add 1 to Cart  
Green Onions (bunch)



Add 1 to Cart  
Fat- Free Italian Dressing  
(16oz)



Add 1 to Cart  
Dried Cranberries (6 oz.)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Cooking Tips

- Couscous could be used in place of rice or quinoa in dishes!
- Green onions can add a nice flavor and garnish on many dishes such as potato salad, chicken salad, or even an egg dish. Check out [www.snapedny.org](http://www.snapedny.org) for more recipe inspiration and ideas!
- Use cranberries in granola bar, yogurt, or even in a savory dish to add a bit of sweetness!