

Moroccan couscous salad with roasted vegetables

And salad greens

Serves 8

Ingredients:

Red pepper large	1
Medium carrot diced thin	2
Red onion, diced 1"	1
Zuchinni medium	1
Olive oil	4 TBSP
Lemon juice	½ lemon
Garlic,minced	2 cloves
Dry couscous	1 1/3 cup
Chicken broth low sodium	500 ml
Tumeric	½ tsp
Raisins	½ cup
Chick peas (can)	450g

Spice mix:

Cumin	1 tsp
Coriander	1 tsp
Cinnamon	½ tsp

Salad dressing

Lemon juice	1 lemon
Lemon zest	
Olive oil	3 TBSP
Garlic minced	2 cloves
Salt and pepper	TT

In a small bowl, whisk together.



Nutritional value of couscous salad

Vitamin A
Vitamin C
Calcium
Iron

Method:

1. Cut all vegetables, toss in 2 TBSP olive oil, lemon juice, garlic and place them into roasting pan to roast in oven at 475 F for 6-8 minutes.
2. Prepare spice mix.
3. Heat chicken broth in a pot until boiling, pour over dry couscous, raisins, turmeric; cover bowl with plastic and let stand for 5 minutes.
4. Prepare salad dressing, whisk together . Drain chick peas.
5. Mix in roasted vegetables, couscous, chick peas, salad dressing and toss together well with additional dry cranberries and almonds if desired. Serve warm.