

Fruity Couscous Salad

Ingredients:

- 1 1/3 cup whole wheat couscous, dry
- 1/3 cup slivered almonds
- 1/2 cup packed dried apricots, chopped
- 2/3 cup raisins
- 1 cup water
- 1 tsp. cumin
- 3 scallions, thinly sliced with greens
- 1/4 tsp. ground pepper
- 1/8 tsp. salt



Nutrition Facts	
Serving Size 3/4 cup (170g)	
Servings Per Container 4	
Amount Per Serving	
Calories 380	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 77g	26%
Dietary Fiber 11g	44%
Sugars 16g	
Protein 11g	
Vitamin A 35%	• Vitamin C 4%
Calcium 6%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Directions:

1. Prepare couscous according to the package directions. Combine all ingredients; toss. Serve at room temp or cold.