

# Couscous Salad With Chickpeas

## Ingredients:

### Couscous:

- 1 cup plain couscous
- ¼ tsp salt
- ½ tsp each: white pepper, cinnamon and turmeric
- ½ tsp olive oil
- 1 ¼ cups boiling water

### Dressing:

- 1 Tbs olive oil
- 2 Tbs lime juice
- 1 Tbs white vinegar
- 1 tsp agave
- ¼ tsp each: paprika, cumin, salt, and black pepper

### Salad:

- 1 ½ cups cooked chickpeas
- 1 large carrot, diced
- 1 small red bell pepper, diced
- 1 small green bell pepper, diced
- ½ christophene, diced
- ½ cucumber, finely diced
- ½ red onion, finely diced
- 4 cloves garlic, minced
- 1 plum tomato, diced
- ¼ cup black olives
- 10 sprigs of parsley
- 2 Tbs fresh peppermint
- 6 sprigs of fresh cilantro
- ¼ cup dried cranberries



\*SOY FREE



\*VEGAN

## Nutrition Facts

10 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	<b>0%</b>
Calcium 40mg	<b>4%</b>
Iron 2mg	<b>10%</b>
Potassium 210mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Directions:

### Couscous:

1. In a large bowl, add the couscous and all seasonings. Stir to combine.
2. Pour in the boiling water and oil, then cover and let stand for 15 minutes or until the water is absorbed. Fluff with a fork and set aside.

### Dressing:

1. In a small bowl, whisk together all dressing ingredients. Set aside.

### Salad:

1. In a large bowl, add couscous, chickpeas and all vegetables. Stir to combine.
2. Add dressing, parsley, mint and cilantro and mix to combine.
3. Sprinkle with the dried cranberries and chill before serving.