

Recipe for: Southwest Couscous Salad

Light, refreshing and ready in fifteen minutes. Couscous is generally sold in bulk at the market. It is a coarsely ground pasta made from semolina. The dressing gives this a southwest twist. Serves 8-10

Ingredients

3 Tablespoons extra virgin olive oil

2 Tablespoons freshly squeezed lime juice

1 teaspoon red wine vinegar (do not substitute any other vinegar)

½ teaspoon ground cumin

8 green onions, chopped (greens and onion)

1 red bell pepper, chopped

¼ - ½ cup cilantro leaves, washed and chopped

1 cup frozen organic corn, thawed

2 15 oz. cans black beans, rinsed and drained

1 cup Couscous

1 ¼ cups chicken stock

Directions

Whisk together olive oil, lime juice, vinegar and cumin.

Add green onion, bell pepper, cilantro, corn, and black beans. Mix well. Cover, refrigerate.

Boil chicken broth in the microwave. Stir in couscous. Cover, let stand 5 minutes. Fluff with fork. Allow to cool to room temperature.

Combine cooked couscous with dressing and vegetable mixture. Salt and pepper to taste.

