Couscous Confetti Salad

Source: Healthy Eating for Life to Prevent and Treat Diabetes by Patricia Bertron, RD; recipe by Jennifer Raymond, MS, RD

Couscous is a pasta from northern Africa that cooks almost instantly and, in this dish, helps make a beautiful, flavorful salad. Whole-wheat couscous is sold in natural food stores and some supermarkets.

About the Recipe

194 Calories · 5.2 g Protein · 4.2 g Fiber
Lunch

Ingredients

Makes 8 1-cup Servings

• dry whole-wheat couscous (1 1/2 cups)
• boiling water (2 cups)
• green onions, finely chopped, including tops (3)
• red bell pepper, seeded and finely diced (1)
• carrot, grated (1)
• finely shredded red cabbage (1 cup)
• finely chopped fresh parsley (1/2 cup)
• golden raisins or chopped dried apricots (1/2 cup)
• juice of lemon (1)
• seasoned rice vinegar (1/4 cup)
• curry powder (1 tsp.)
• salt (1 1/2 tsp.)

Directions

1. In a large bowl, combine couscous and boiling water.
2. Stir to mix, then cover and let stand until all the water has been absorbed, 5 to 10 minutes. Fluff with a fork.

3. Add green onions, bell pepper, carrot, cabbage, parsley, and raisins or apricots.

4. In a small bowl, mix lemon juice, vinegar, curry powder, and salt.

5. Add to salad and toss to mix. Serve at room temperature or chilled.

**Nutrition Facts**

*Per 1-cup serving*

- **Calories:** 194
- **Fat:** 2.1 g
  - **Saturated Fat:** 0.3 g
  - **Calories from Fat:** 9.8%
- **Cholesterol:** 0 mg
- **Protein:** 5.2 g
- **Carbohydrates:** 40.2 g
- **Sugar:** 10 g
- **Fiber:** 4.2 g
- **Sodium:** 283 mg
- **Calcium:** 33 mg
- **Iron:** 1.1 mg
- **Vitamin C:** 40.9 mg
- **Beta-Carotene:** 1,157 mcg
- **Vitamin E:** 0.7 mg