

COUSCOUS VEGETABLE SALAD

INGREDIENTS

- 1 C Couscous **OR** Quinoa **OR** Farro **OR** Bulgur
- 1 T Olive oil
- 1 t Salt
- 1 1/4 C Water or Vegetable broth

- 1/4 C Parsley (finely chopped)
- 2 T Mint (finely chopped)
- 1 Lemon (use only 1/2 the lemon) (juice) (zest)
- 2 T Olive oil
- 1 t Salt
- 1/2 t Pepper (yellow or orange) (diced)
- 1/2 t Zatar (optional)

- 1 Pepper (yellow or orange) (diced)
- 1 Scallion (diced)
- 2 T Onion (red) (diced)
- 3/4 C Cucumber (diced)
- 3/4 C Tomatoes (cherry) (diced)



DIRECTIONS

- 1 Heat 1 T olive oil in a medium pot on medium heat
- 2 Add couscous until slightly toasted & covered evenly with oil
- 3 Add the water or broth & bring to a boil
- 4 Add the 1 t salt, cover the pot & cook on low-medium heat (5 - 7 minutes)
- 5 Remove pot from the heat & allow to cool slightly
- 6 If couscous is sticky, drizzle 1 t of olive oil & mix .
- 7 In a medium bowl whisk together 2 T olive oil, the lemon juice, lemon zest, parsley, mint, salt, pepper & zatar (optional).
- 8 Add pepper, scallion, red onion, cucumber & tomatoes & toss together until coated with dressing
- 9 Add the vegetables & dressing to the couscous & mix gently

Parsley



Mint



Za'atar



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