spring couscous salad



prep time:
30

featured product:
baby spring mix

this couscous recipe is inspired by a middle eastern tabouli salad. here we use couscous as a base and instead of cucumbers, tomatoes, and parsley we make use of a seasonal combination of radish, asparagus and mint. roasting the radishes along with the asparagus in a citrusy sumac vinaigrette mellows their flavor, while keeping their crunchy texture.

ingredients

makes 4 servings

for the dressing, whisk:
2 tablespoons lemon juice
1 teaspoon grated lemon zest
1 tablespoon rice vinegar
2 tablespoons olive oil
1 tablespoon honey
1 teaspoon minced shallot
1 teaspoon ground sumac
1/4 teaspoon cayenne pepper
salt to taste

for the salad:
1/2 pound medium asparagus spears, sliced into 2 inch pieces
1 cup of radishes, red or rainbow, halved
2 cups of cooked couscous
5 ounces **baby spring mix** (such as organic girl)
1 cup chick peas, cooked or canned
1/4 cup mint leaves, torn
2 tablespoons chopped chives
1/4 cup sliced almonds, toasted
1/4 cup crumbled feta cheese (optional)

directions

1. preheat oven to 400 degrees

2. place the asparagus and radishes on a baking sheet and drizzle with 2 tablespoons of the dressing, turning to coat.

3. roast for 15 to 20 minutes until asparagus is tender and radishes are cooked, but still crunchy.

4. allow to cool before combining in a large bowl with the couscous, the baby spring mix, chick peas, herbs and remaining dressing.

5. serve topped with the toasted almonds and the feta, if desired.

nutrition

Calories: 543
Total Fat: 13 g 17%
Saturated Fat: 2.9 15%
Cholesterol: 11mg 4%
Sodium: 231 mg 10%
Carbohydrates: 85.7 g 31%
Total Sugar: 14.2 g 29%
Protein: 21.3 g