

Couscous & Fruit Salad

Try this fruit-and-nut-studded couscous salad alongside grilled salmon or chicken for supper or on its own for a fresh lunchbox treat.

Servings: 4 servings, about 3/4 cup each

Prep: 15 min. **Total:** 15 min.



Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons orange juice
- 1 tablespoon cider vinegar
- 2 teaspoons finely chopped shallots
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 cups cooked whole-wheat couscous
- 1 cup chopped nectarine
- 1 cup mixed fresh berries, such as blueberries and raspberries
- 2 tablespoons toasted sliced almonds, (see Tip)

Directions

1. Whisk oil, orange juice, vinegar, shallots, salt and pepper in a large bowl. Add cooked couscous, nectarines, berries and almonds; gently toss to combine.

Tip:

To toast sliced almonds, heat a small dry skillet over medium-low heat. Add nuts and cook, stirring, until lightly browned and fragrant, 2 to 3 minutes.

Nutrition Facts

Calories 259, Total Fat 9 g, Saturated Fat 1 g, Monounsaturated Fat 6 g, Sodium 146 mg, Carbohydrate 40 g, Fiber 7 g, Protein 7 g, Potassium 116 mg. Daily Values: Vitamin C 20%.