



Apricot Couscous Salad



Ingredients: Makes 8 portions

- 3/4 Cup diced apricots
- 1 (10 oz) Package couscous
- 2 Cups water
- 1 Tsp. salt
- 1/2 Cup dried raisins
- 3/4 Cup chopped green onions
- 1/2 Cup coarsely chopped, toasted pistachios
- 1/4 Cup chopped fresh mint
- 1/4 Cup fresh lemon juice
- 2 1/2 Tablespoons olive oil
- 1/2 Tsp. ground cinnamon
- 1/2 Tsp. ground cumin.

Preparation:

In a large, microwave safe bowl, combine water, couscous, salt and 1/2 tbs. olive oil. Microwave on high for 4 minutes. Let stand for 5 minutes and fluff with a fork. Add diced apricots, dried raisins, onions, pistachios, fresh mint, lemon juice, remaining olive oil, cinnamon and cumin, tossing to combine.

Nutritional information for 1 serving:

Calories 295, Fat 7 gm, Fiber 5 gm, Cholesterol 0 mg, Sodium 302 mg.

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition

Rev. 01/2010



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