



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Couscous & Fruit Salad

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

Directions

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

Serves 4

Nutrition: 256 calories, 9 g fat, 1 g saturated fat, 40 g carbohydrate, 7 g fiber, 7 g protein, 146 mg sodium

Source: Million Hearts



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