

# Chickpea Couscous Salad

SERVING: 8 YIELD: 1 CUP

PREP TIME: 20 MIN TOTAL TIME: 20 MIN

# Ingredients

- 1 cup Pearl Couscous
- 1-1/2 cup Water
- 1 can (15oz) Chickpeas, drained and rinsed
- 2 medium Carrots, shredded
- 1 cup Celery, diced
- 1 medium Green Apple, diced
- 1/4 cup Fresh Parsley, chopped
- 1/2 medium Red onion, diced
- 1/2 cup Dried Cranberries, reduced sugar
- 1/2 cup Sliced Almonds
- 1/2 cup Feta Cheese, crumbled

# **Dressing**

- 1/2 medium Lemon, juice only
- 2 tbsp Extra Virgin Olive Oil
- 2 tsp Curry Powder
- 1-1/2 tsp Turmeric Powder
- 1/2 tsp Black Pepper
- 1/4 tsp Cumin
- 1/4 tsp Salt

# Directions

- 1. In a small pot, bring water to a boil. Stir in couscous and turn down heat to medium. Cover and simmer for 4 minutes.
- 2. Remove from heat and stir. Let stand, covered, for 5 minutes. Fluff with a fork and transfer to a large salad bowl.
- 3. Add drained and rinsed chickpeas to the large bowl.
- 4. Prepare the dressing. Add dressing to the couscous. Toss gently to combine. Place in refrigerator to cool down.
- 5. Dice and chop vegetable ingredients.
- 6. Combine all ingredients to large bowl containing couscous.
- 7. Enjoy at room temperature, or cover and refrigerate until cool, about 1 hour. Enjoy!

# **Nutrition Facts**

8 servings per container

Serving size 1 cup (0.0g)

**Amount Per Serving** 

Calories	<b>270</b>
%	Daily Value*
Total Fat 10g	13%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 180mg	8%
Total Carbohydrate 40g	15%
Dietary Fiber 8g	29%
Total Sugars 9g	
Includes <1g Added Sugars	2%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 110mg	8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\*Cost information includes lower cost ingredients found at local grocery store 01/13/22.



Iron 1.1mg

Potassium 170mg



6%

4%

Cost Per Recipe

Cost Per Serving

\$0.99

\$7.88

# Figure 1: A Quick Guide to the Anti-Inflammatory Lifestyle

# A Quick Guide to The Anti-Inflammatory Lifestyle



Be active daily

Get 7-9 of restful sleep per night

Eat a colorful and well-balanced diet

Manage weight

Manage stress

Spend time doing thing you love and with people you love.





## INCREASE

# Fruits & Vegetables Aim for 4-5+ cups/day

Cherries, peppers, carrots, sweet potato, pineapple, squash, peaches, dark leafy greens, broccoli, cabbage, green beans, Brussels sprouts, blueberries, blackberries, grapes, eggplant, olives, plums, purple cabbage.



## Omega-3's

Aim for 2-3 servings/week

Fatty fish (salmon, tuna, mackerel), fish oil (2-4 gms daily good quality oil), whole grains, walnuts, green vegetables, eat more omega-3's than omega-6's.



# **Monounsaturated Fats**

Oils (olive is best, canola, peanut, rice-bran, sesame), avocados.



### **Fiber**

Legumes (beans, peas, lentils, etc.), whole grains (brown rice, oatmeal, bran cereal), nuts, popcorn, vegetables, and fruits.



Plant-based (beans, grains, nuts, seeds), grass-fed or wild meat and fish.



# **Herbs & Spices**

Paprika, rosemary, ginger, turmeric, sage, cumin, cloves, Jamaican allspice, cinnamon, marjoram, tarragon, green and black tea.



## **Desserts/Snacks**

Limit sweets. Dark chocolate, (70% of cocoa or more): less than 100 g/week

Consider: Magnesium supplement (320 mg/d women; 420 mg/d men)



# **DECREASE**



### **Trans-fats**

Partially hydrogenated oils, baked goods (cakes, pie crusts, frozen pizza, cookies), fried foods (donuts, fries)



## Refined Vegetable Oils from seeds

Soybean, corn, sunflower, safflower, grapeseed, cottonseed, wheat germ



## Sugars and Simple Carbohydrates

Eat a low glycemic load diet

White breads, English muffins, bagels, white pasta, instant and white rice, rice, corn, sweetened cereals, sweets like candy, baked goods, and other desserts, fruit juice



## Processed meats

Lunch/deli meats, hot dogs, bacon, sausage



## Saturated Fats

Choose lean cuts of meat and trim visible fat (lamb, pork, fatty beef, chicken with skin). Consider grass-fed, organic sources. Limit butter and full-fat dairy like cream. Emphasize fermented dairy like vogurt and Kiefer.



# Foods that may trigger intolerance in some people

Dairy, wheat, eggs, artificial flavor and colors (Aspartame, FD&C dves) (See Elimination Diet handout)

