



# 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

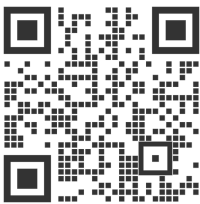
- 1/2 medium Lemon, juice only
- 2 tbsp Extra Virgin Olive Oil
- 2 tsp Curry Powder
- 1-1/2 tsp Turmeric Powder
- 1/2 tsp Black Pepper
- 1/4 tsp Cumin
- 1/4 tsp Salt

## 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	
<b>Serving size</b>	<b>1 cup (0.0g)</b>
Amount Per Serving	
Calories	270
% Daily Value*	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 40g	<b>15%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 9g	
Includes <1g Added Sugars	<b>2%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 1.1mg	6%
Potassium 170mg	4%
* 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.



Cost Per Recipe	Cost Per Serving
\$7.88	\$0.99

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

