



TIPS & TRICKS

Quick Couscous Salad

Nutrition

- Make this meal a complete MyPlate meal by including a food from the protein group. Think of different proteins that would taste best in this dish — canned chickpeas, sliced chicken, shrimp, or canned tuna could all work. If you use the nuts in this recipe, that also counts as a protein.
- Many salad dressings are high in added sugars, saturated fats, and sodium. Making salad dressing at home is a great way to control the flavor and nutritional value. This simple salad dressing would pair well with other salads too.

Cooking Tips

- Wash the produce before doing anything else. This will allow time for it to dry before assembling, which will allow the dressing to coat everything nicely. Washing produce is a great task for kids.
- Couscous is a very fast-cooking grain. It makes a quick salad when in a rush.
- You can substitute quinoa, brown rice, orzo, small-shaped pasta, or riced cauliflower for couscous. To use 10 ounces of frozen riced cauliflower, thaw and squeeze out water before adding to the recipe.
- You can use many different vegetables in this salad. Asparagus, bell pepper, and olives would all add nice flavor.

Teaching Points

- You can use this recipe with the HCEB lesson, Shifting to Healthier Choices. The cooking skill is focused on preparing salads and salad dressings.
- You can also use this recipe with HCYRB lesson, Moving Toward Good Health. The cooking skill is focused on preparing salads and salad dressings.
- For other lessons and topics, use this recipe when discussing grains.
- Couscous is a grain many people are unfamiliar with. Participants might ask where to find this ingredient locally.
- Because of the fiber in this recipe and the ease of preparation, it might be helpful to share with pregnant women.



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