



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, smallshaped 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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