

## Whole Wheat Couscous Salad with Fresh Herbs

1½ cups whole wheat couscous  
3 cups fat-free, 33% less sodium chicken broth  
(or water)  
3 tbsp canola oil, divided  
Kosher salt to taste  
¼ cup fresh parsley, chopped  
½ cup fresh mint, chopped  
¼ cup fresh cilantro, chopped  
8-10 dried apricots, diced  
½ cup dried cherries, chopped  
¼ cup shelled pistachios, toasted  
1 lemon, zest and juice  
Freshly ground black pepper to taste

Yields 6 cups

1. Heat the chicken broth or water to boiling. Add 1 tbsp canola oil and salt to taste. Pour in couscous, gently stirring. Cover and simmer on low heat for 2-3 minutes. Turn off heat and let sit for 10 minutes. Gently fluff with a fork. Set aside.
2. Add remaining ingredients and adjust seasonings.

### Nutrient Value (per 1 cup serving)

Calories: 340  
Carbohydrate: 54 g  
Protein: 9 g  
Saturated Fat: 1 g  
Fiber: 8 g

*Recipe credit: Dr. David Eisenberg, as presented at the Healthy Kitchens, Healthy Lives Conference, March 18, 2011.*

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