Moroccan Couscous Salad

The holiday season for many of us is approaching, and there will be times to gather with family and friends for food and drink. If you need a healthy side dish to bring to a potluck, here is a very tasty salad, with a unique flavor, and a quick preparation time. I tried it with my family the other week, and they all gave it an A+ rating! So instead of the traditional high fat fare, try this Moroccan Couscous Salad for an adventure in culinary delights!

Let us know if you try out this recipe and let us know what you think!

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Recipe from: www.californiadriedplums.org

Moroccan Couscous Salad
Serves: 4
Cook time: 0 minutes
Ready in 30 minutes

Ingredients
- 1 ½ cup chicken broth, low sodium
- 1 cup coarsely chopped pitted dried plums
- 1 tsp. curry powder
- 1 cup dry couscous
- ½ cup chopped green onions
- ¼ cup white wine vinegar
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 ½ cup (8 oz.) cubed cooked chicken breast
- 2/3 cup chopped fresh tomato
- ½ cup sliced almonds

Directions
1. In medium saucepan, combine chicken broth, dried plums, and curry powder.
2. Bring to a boil.
3. Remove from heat and stir in couscous and green onions.
4. Let stand, covered, for 5 minutes.
5. Fluff with a fork; allow to cool.
6. Meanwhile, in a small bowl, whisk together olive oil, vinegar, salt and pepper.
7. Add to couscous, tossing to coat.
8. Stir in chicken and tomato.
9. Stir in almonds, if desired.

Nutrition Facts
Serving Size (289g)
Servings Per Container

Amount Per Serving
Calories 390
Calories from Fat 70
% Daily Value

Total Fat 8g 12%
Saturated Fat 1g 5%
Trans Fat 0g 0%
Cholesterol 40mg 13%
Sodium 210mg 9%
Total Carbohydrate 57g 19%
Dietary Fiber 8g 24%
Sugars 12g 10%
Protein 25g 5%

Vitamin A 15% · Vitamin C 15%
Calcium 15% · Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 0 0
Total Fat 0 0
Saturated Fat 0 0
Trans Fat 0 0
Cholesterol 0 0
Sodium 0 0
Total Carbohydrate 0 0
Dietary Fiber 0 0
Sugars 0 0
Protein 25g 25g

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4