

# Couscous Confetti Salad

Source: Healthy Eating for Life to Prevent and Treat Diabetes by Patricia Bertron, RD; recipe by Jennifer Raymond, MS, RD

Couscous is a pasta from northern Africa that cooks almost instantly and, in this dish, helps make a beautiful, flavorful salad. Whole-wheat couscous is sold in natural food stores and some supermarkets.

## About the Recipe

**194 Calories · 5.2 g Protein · 4.2 g Fiber**

**Lunch**

## Ingredients

***Makes 8 1-cup Servings***

- 1 1/2 c (270 g) dry whole-wheat couscous
- 2 c (475 mL) boiling water
- 3 green onions, finely chopped, including tops
- 1 red bell pepper, seeded and finely diced
- 1 carrot, grated
- 1 cup finely shredded red cabbage
- 1/2 cup finely chopped fresh parsley
- 1/2 c (80 g) golden raisins or chopped dried apricots
- 1 juice of lemon
- 1/4 c (60 mL) seasoned rice vinegar
- 1 tsp (5 mL) curry powder
- 1 1/2 tsp (7.5 mL) iodized salt

## Directions

1. In a large bowl, combine couscous and boiling water.

2. Stir to mix, then cover and let stand until all the water has been absorbed, 5 to 10 minutes. Fluff with a fork.&nbsp;
3. Add green onions, bell pepper, carrot, cabbage, parsley, and raisins or apricots.&nbsp;
4. In a small bowl, mix lemon juice, vinegar, curry powder, and salt.&nbsp;
5. Add to salad and toss to mix. Serve at room temperature or chilled.

## Nutrition Facts

*Per 1-cup serving*

**Calories:** 194

**Fat:** 2.1 g

**Saturated Fat:** 0.3 g

**Calories from Fat:** 9.8%

**Cholesterol:** 0 mg

**Protein:** 5.2 g

**Carbohydrates:** 40.2 g

**Sugar:** 10 g

**Fiber:** 4.2 g

**Sodium:** 283 mg

**Calcium:** 33 mg

**Iron:** 1.1 mg

**Vitamin C:** 40.9 mg

**Beta-Carotene:** 1,157 mcg

**Vitamin E:** 0.7 mg