



**Be Fit**

Be Fit. Eat Healthy. It's your choice.

## **Citrus Couscous Salad**

Adapted from Cooking Light

*The cold and flu season is in full swing, but don't let the sniffles slow you down. Brighten up a winter meal and give your immune system a boost with this Mediterranean salad rich in Vitamin C, Vitamin A and Zinc.*

- 2 cups fresh orange juice, divided
- 1/2 cup water
- 1 (10-ounce) package whole wheat couscous
- 1/2 cup dried apricots, sliced
- 1/2 cup dried cranberries
- 2 tablespoons red wine vinegar
- 1 cup cucumber, diced
- 3/4 cup green onions, sliced green and white parts
- 1/2 cup slivered almonds
- 1/4 cup fresh mint, chopped
- 1/4 cup fresh lemon juice
- 2 tablespoons extra virgin olive oil

Bring 1-1/2 cups orange juice and water to a boil in a medium saucepan; gradually stir in couscous. Remove from heat; cover with plastic wrap and let stand 5 minutes. Fluff couscous with a fork. Place couscous in a large bowl.

Combine 1/2 cup orange juice, apricots, cranberries, and vinegar in a small saucepan; bring to a boil. Remove from heat and let stand 15 minutes. Drain and discard cooking liquid.

Add apricot mixture, cucumber, green onions, almonds, chopped mint, lemon juice, and olive oil to couscous. Toss and serve.

\* This recipe is a nice compliment to grilled seafood or chicken.

Yield: 8 servings (serving size = 1 cup)

### NUTRITION INFORMATION PER SERVING:

CALORIES: 170	PROTEIN: 3 g	SODIUM: 2 mg
	CARBOHYDRATE: 25 g	FIBER: 3 g
	FAT: 8 g	Sat Fat: 1 g

VITAMIN C: 329 mg or 399% RDA average for men and women (RDA 75-90 mg)

VITAMIN A: 221 mcg Or 28% RDA average for men and women (RDA 700-900 mcg)

ZINC: 5.5 mg or 58% RDA average for men and women (RDA 8-11 mg)