

CHICKPEA AND CRANBERRY COUSCOUS SALAD



2 ½ cups (625 mL) chicken stock
½ tsp (2 mL) turmeric
½ tsp (2 mL) ginger
½ tsp (2 mL) cinnamon
2 cups (500 mL) couscous
1 cup (250 mL) dried cranberries
1 medium zucchini, diced
2 carrots, peeled and diced
3 green onions, chopped
2 cups (500 mL) cooked **chickpeas***
or 1 - 19 fl oz (540 mL) can,
drained and rinsed
¼ cup (50 mL) canola oil, divided
¼ cup (50 mL) lemon juice
½ tsp (2 mL) salt
¼ tsp (1 mL) cayenne pepper
¼ cup (50 mL) fresh chopped parsley

COMBINE stock, turmeric, ginger and cinnamon in a large saucepan and bring to a boil. Remove from heat.

STIR in couscous, cover and let stand for 5 minutes or until liquid has been completely absorbed. Transfer to large bowl and let cool to room temperature. Break up any couscous lumps with fingers.

SAUTÉ zucchini, carrots and green onions in 1 tbsp of canola oil. Add sautéed vegetables to couscous. Stir in cranberries and chickpeas.

WHISK together lemon juice, remaining oil, salt and cayenne pepper in a small bowl. Pour over couscous and toss together.

COVER and refrigerate for at least 1 hour or overnight. Garnish with parsley before serving.

Makes: 10 servings

Nutritional Information (per serving): 287 calories; 6 g fat; 9 g protein; 50 g carbohydrate; 4 g fibre; 0 mg cholesterol; 35 mg sodium.

