

SOUTHWESTERN COUSCOUS SALAD

Salad Ingredients

1 cup whole wheat couscous
1 cup pepitas (pumpkin seeds)
1/4 cup chopped cilantro leaves
1 (15-ounce) can black beans, rinsed and drained
2 tomatoes, finely chopped
1 zucchini, finely chopped
1 red bell pepper, chopped
1 cup corn kernels (Niblets work well)

Dressing Ingredients

1/4 cup lime juice
3/4 teaspoon chili powder

Directions

Bring 1 1/2 cups water to a boil in a medium saucepan.

Stir in couscous, cover and remove from heat.

Let stand 5 minutes; fluff with a fork.

Toss couscous with remaining ingredients in a large bowl.

Mix lime juice and chili powder; pour over salad and stir.



From the kitchen of Sassy Sandi Boll

Served at Lady Ioana Joan's Pool Party & Potluck on 4/16/14