

Couscous Salad with Pears, Feta & Herbs

Ingredients

YIELDS: 8 servings PREP TIME: 25 minutes

- 1 cup uncooked (250 mL) whole wheat couscous
- 1 green bell pepper
- 2 green onions
- 1/4 cup (60 mL) fresh herbs (mint, cilantro or parsley)
- 2 Bartlett pears (or canned pears)
- 3/4 cup (175 mL) feta cheese (pasteurized)
- 1/4 cup (60 mL) canola oil
- Juice of 1 lemon
- 1 clove of garlic
- 1/2 tsp dried oregano leaves
- 1/4 tsp pepper



EQUIPMENT: 3 cutting boards / electric skillet / 3 knives / 2 mixing bowls (large) / 2 mixing bowls (small) / set of measuring cups / set of measuring spoons / small plates and forks for sampling / 2 spoons / strainer / whisk

Directions

- 1) Boil 1 cup (250 mL) of water.
- 2) Place uncooked couscous in heat proof bowl. Carefully pour boiling water over couscous and stir.
- 3) Cover bowl with a cutting board and let stand for 10 minutes. After 10 minutes, uncover and fluff with fork.
- 4) Thoroughly wash bell peppers, green onions, pears and herbs under cool running water.
- 5) Dice green pepper, thinly slice green onion, chop herbs, and core and chop pears.
- 6) Crumble feta cheese.
- 7) Make Dressing: Mince garlic. In small bowl, whisk together oil, lemon juice, garlic, oregano, and pepper.
- 8) Add green pepper, green onions, feta, herbs and pears to cooled couscous. Add dressing and mix to combine.

Chef's Tip

Couscous is easy to cook and very versatile! It can be served hot or cold, and used in sweet or savory dishes.

Let's Get Cookin'!



Commented [KF1]: Change to 1 clove of garlic