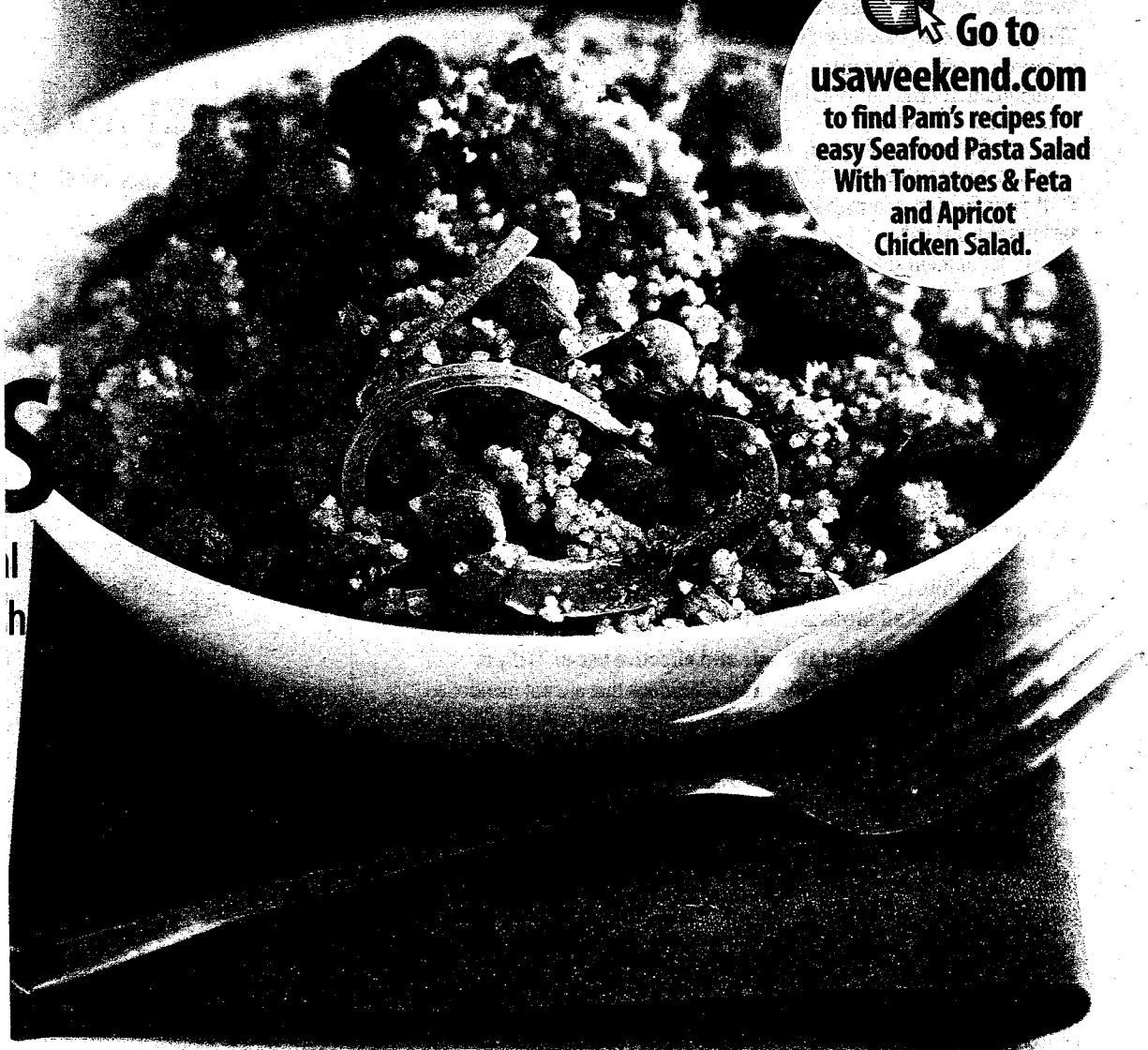


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to find Pam's recipes for
easy Seafood Pasta Salad
With Tomatoes & Feta
and Apricot
Chicken Salad.

MOROCCAN COUSCOUS & CHICKPEA SALAD

INGREDIENTS:

- 1 cup couscous
- ½ cup dried cherries
- 1 cup boiling water
- 5 Tbs. olive oil, divided
- 1 large orange bell pepper, cut into bite-sized sticks
- 1 large onion, halved around its equator and cut into thin slices
- 1½ tsps. ground cumin
- ½ tsp. ground ginger
- ¼ tsp. ground cinnamon
- Salt and ground black pepper

- 1 16-ounce can chickpeas, drained
- ¼ cup chopped fresh cilantro
- 3 Tbs. rice wine vinegar
- 3 Tbs. frozen orange juice concentrate, thawed

DIRECTIONS:

Place couscous and dried cherries in a medium bowl. Add boiling water; immediately cover bowl with plastic wrap and let sit until water is completely absorbed, about 5 minutes. Meanwhile, heat 2 Tbs. of the oil in a large skillet over medium-high heat. Add peppers and onions,

sautéing until tender-crisp, about 5 minutes, and seasoning with cumin, ginger, cinnamon, salt and pepper as they cook. Add to couscous, along with chickpeas and cilantro.

Whisk remaining 3 Tbs. of oil with vinegar and orange juice concentrate. Pour over salad; toss to coat. Cover and refrigerate until ready to serve.

SERVES 6

PER SERVING: 343 calories, 9g protein, 49g carbohydrates, 13g fat (1.6g saturated), 0mg cholesterol, 5g fiber, 206mg sodium

BRIAN LEVART FOR USA WEEKEND