

## Potluck Couscous Salad

Yield: 16 servings

### Ingredients:

4 tablespoons butter or margarine	semolina couscous
1 medium onion, chopped	4 cups vegetable broth
2½ cups diced carrots, raw or briefly par-cooked	1 teaspoon ground ginger
4 cloves garlic, minced	1 teaspoon cinnamon
1 tablespoon crushed fennel seed	½ cup olive oil
1 teaspoon crushed cumin seed	1/3 cup balsamic or cider vinegar
3 cups whole wheat or	1 cup raisins
	1 cup slivered almonds, toasted
	salt and pepper to taste

### Procedure:

Melt butter or margarine in Dutch oven and saute onion, carrots, garlic, fennel and cumin for about five minutes. Add couscous and stir frequently for another few minutes; add broth, ginger and cinnamon and let mixture come to a full boil. Turn off heat, cover and let sit for about five minutes. Meanwhile, blend olive oil and vinegar. Add dressing after fluffing couscous with fork; mix in raisins and almonds; finish seasoning with salt and pepper. Chill several hours or overnight. Allow to stand at room temperature a few minutes before serving.

about  
300 calories  
and 16 grams  
of fat  
per serving

**If you're monitoring your waistline, you might want to substitute about a cup of your favorite low-fat or fat-free Italian dressing for the oil and vinegar.**

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