



INGREDIENTS

- 1 Cup Uncooked Couscous (enriched or whole grain rich)
- 15 Ounces Canned Chickpeas (drained and rinsed)
- 2 Cups Cherry Tomatoes (halved)
- 1½ Cups English Cucumber (chopped)
- ½ Cup Red Onion (chopped)
- ¼ Cup Fresh Parsley (chopped)
- 3 Tablespoons Fresh Mint (chopped)
- 3 Tablespoons Lemon Juice
- ¼ Cup Olive Oil
- 1 Teaspoon Salt (to taste)

DIRECTIONS

1. In a medium size pot, bring water and salt to a boil. Add in couscous and oil to the pot, stir to combine, and let it simmer for about 10 minutes. Remove from the pot, drain and let cool to room temperature.
2. Chop all the vegetables and herbs. Drain and rinse chickpeas. Place couscous on the bottom of a large bowl. Add vegetables, chickpeas, and herbs.
3. In a small jar, combine lemon juice, olive oil and salt. Cover with a lid and shake until the dressing is well combined.
4. Add the dressing to the salad right before serving and toss together.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

-  Snack

YIELD

8½ Cups

PORTION SIZES

- Toddler:** 1 Cup
- Preschool:** 1 Cup
- School Age:** 2 Cups
- Adult:** 2 Cups