

Mediterranean Cous Cous Salad

by Chef Jenn Monaco of Brock & Company

This couscous salad is filled with a sweet-savory mix of chopped dates, almonds, chickpeas, and sun-dried tomatoes, and kissed with lemon and fresh herbs! We often make this with quinoa or barley and is best when served slightly warm or at room temperature. It makes for a lighter side on Thanksgiving along a roasted turkey or brings a complete dinner to a hot summer night if vegetarian. Don't be scared by the long ingredient list, it is worth it as there is not much to prep.

Prep Time: 15 Minutes—Cook time: 10 Minutes—Yield: 6 Servings

INGREDIENTS

- 1 1/2 cups chicken broth, or water
 - Olive oil
 - 2 cloves garlic, pressed through garlic press
 - Black pepper
 - 1 1/2 cups couscous
 - 1 teaspoon lemon zest
 - 2 tablespoons lemon juice
 - Salt
 - 1 cup chickpeas, drained and rinsed (a few reserved garnish)
 - 1/2 cup pitted dates (about 6 large dates), chopped or sliced (a few pieces reserved for garnish)
 - 1/2 cup sun-dried tomatoes, sliced (pat dry if oil-packed, and reserve a few for garnish)
 - 1/2 cup toasted, sliced almonds (a few reserved for garnish)
 - 1 tablespoon chopped fresh parsley
 - 1 tablespoon chopped fresh dill (plus extra for garnish)
- 1 tablespoon chopped/julienned fresh mint (plus extra for garnish)



RECIPE PREPARATION

- To a medium-small pot or sauce pan, add the chicken broth or water, 1 tablespoon of olive oil, the pressed garlic cloves, and a small pinch of black pepper, and bring to a vigorous simmer; turn off the heat and stir in the couscous, cover, and let stand for 10 minutes.
- After 10 minutes, fluff the couscous with a fork, spoon out into a large bowl, and allow to cool to room temp.
- Once cooled, add into the couscous a pinch or two of salt (to taste), about 2 tablespoons of the olive oil, and the remainder of the ingredients; toss the couscous salad well to combine everything, check to see if more salt/pepper is needed, then spoon into a serving dish or platter.
- Top with the reserved garnish ingredients to decorate the top, and serve room temp, or place into the fridge to chill, then serve.

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