

Couscous & Fruit Salad

Portions: 4

Serving size: ~3/4 cup each

Ingredients

2 tablespoons vegetable oil

2 tbsp apple juice

1 tbsp cider vinegar

¼ tsp ground pepper

2 cups cooked couscous

1 cup chopped apples

1 cup mixed berries (such as blueberries and raspberries)

Preparation

1. Whisk oil, apple juice, cider vinegar and pepper in a large bowl. Add cooked couscous, apples and berries; gently toss to combine
2. Serve immediately or refrigerate until serving

Renal and diabetic food choices: 2 starch, 1 medium potassium fruit

Nutrients per serving: 190 calories, 0g protein, 28g carbohydrate, 5 mg sodium, 120 mg potassium, 28mg phosphorus

Tips:

** to cook 2 cups couscous: combine 1 cup dry couscous with 1 cup water. Bring to a boil. When the mixture is boiling, turn off the heat immediately. Cover and let stand for five minutes. Plump up with a fork

**to keep your apples looking fresh – prepare apples prior to serving

**serve this salad alongside grilled salmon or chicken.

Adapted from Eating Well (July/August 2008)