



Recipe for-

Healthy Herb Recipes: Fresh Herb Couscous Salad

Fresh herbs add flavor to foods and reduce the need for salt, sugar and fat. Many herbs, like mint and parsley grow easily in containers.

Ingredients:

1 cup whole wheat couscous, cooked according to package directions
1 cup parsley, chopped
1 cup mint, chopped
1 cup cilantro, chopped
1 cup fresh tomatoes, chopped
1 cup zucchini, chopped
4 scallions or green onions, chopped
sprinkle of salt & pepper
2 tablespoons light balsamic vinaigrette salad dressing

Preparation steps:

Cook couscous according to package directions then set aside.

Chop parsley, mint & cilantro, then place in a large bowl. Add chopped tomatoes, zucchini, & scallions. Add cooled couscous then toss gently. Add salt & pepper to taste, drizzle with balsamic salad dressing. Toss lightly, then serve as a side dish or tasty lunch!

Note- this recipe was created in collaboration with Alice Henneman, MS, RD, Extension Educator, University of Nebraska-Lincoln.