

Couscous Salad with Chick Peas

Makes 6-8 servings

Ingredients

- 1 ¼ cups of water
- ¾ cup of orange juice
- 1 1/3 cups of couscous (whole wheat preferred)
- 1 tbsp lemon juice
- 1 large or 2 small tomatoes, chopped finely
- ½ red pepper, chopped
- ½ green pepper, chopped
- ¼ cup chopped red onion
- ¼ cup golden raisins
- 1-1 ½ cups chickpeas, cooked
- 1 tbsp sugar
- 1 ½ tbsp olive oil
- 1 tbsp dried parsley or 3 tbsp fresh parsley
- ¼ tsp salt
- ¼ tsp ground pepper

Directions

1. Bring the water and orange juice to a boil in a small to medium pot. Once boiling, add couscous to the water, place the lid on the pot and remove from heat. Let sit for 5 minutes and then place the couscous into a large bowl.
2. Add all the remaining ingredients into the bowl and mix well. Salt and pepper to taste.
3. Refrigerate for a least 1 hour. Tastes even better if refrigerated overnight.

Source: Melissa Aubertin-Coutu, Sukha Yoga and Nutrition Centre, St Catharines

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