



COUS COUS SALAD

EQUIPMENT:

LARGE POT
SAUTE PAN
LARGE BOWL
LARGE MIXING SPOON
KNIFE & CUTTING BOARD

INGREDIENTS:

4OZ. DRIED COUS COUS	2OZ. COOKED MUSHROOMS
2OZ. DICED RED ONIONS	2OZ. COOKED SQUASH
2OZ. CHOPPED BROCCOLI	4OZ. HHF BASIL PESTO
2OZ. CHOPPED KALE	1FL. OZ. WHITE VINEGAR
	1FL. OZ. OLIVE OIL
	SALT & PEPPER

METHOD: FIRST

BOIL 1QT OF WATER AND ADD THE COUS COUS. AFTER 3-5 MINS, CHECK IF IT IS COOKED AND DRAIN. LET COOL COMPLETELY BEFORE USING IN THE SALAD.

SECOND

SAUTE THE MUSHROOMS WITH OIL SALT AND PEPPER. COOL AND RESERVE. CHOP THE SQUASH AND SAUTE, COOL AND RESERVE.

THIRD

ADD ALL OF THE VEGETABLES AS WELL AS THE OIL AND VINEGAR TO THE BOWL. MIX UNTIL COMBINED.

FOURTH

ADD THE COUS COUS AND THE PESTO AND MIX UNTIL COMBINED. SEASON WITH SALT AND PEPPER TO ADJUST THE SEASONING.