

Mediterranean Pearl Couscous & Kale Salad

Yield: Serves 5 or one half pan (about 20) | Prep: 25 minutes | Cook: 15 minutes

Ingredients

- **HALF PAN (ABOUT 20):** 1 lb pearl couscous; 2 Tbsp olive oil; 1/2 onion; 1 bell pepper; 1 Tbsp garlic; 1 1/2 tsp oregano; 3/4 tsp each basil, cumin, and paprika; 2 1/2 cups hot stock or water; 8 oz blanched kale; 1/2 English cucumber; 2 cups tomatoes; 1/2 bunch parsley; 3 Tbsp dill.
- **HALF-PAN DRESSING:** 1/2 cup olive oil; 1/4 cup each lemon juice and red wine vinegar; 1 Tbsp Dijon; 1 1/2 tsp honey or maple (optional); 3/4 tsp each oregano and salt; 1/2 tsp pepper.
- **SERVES 5:** 4 oz pearl couscous (about 3/4 cup); 1 1/2 tsp olive oil; 2 Tbsp onion; 1/4 bell pepper; 3/4 tsp garlic; pinches oregano, basil, cumin, and paprika; 5/8 cup stock or package amount; 2 oz kale; 1/2 cup cucumber; 1/2 cup tomatoes; 2 Tbsp parsley; 2 tsp dill.
- **SERVES-5 DRESSING:** 2 Tbsp olive oil; 1 Tbsp each lemon juice and red wine vinegar; 3/4 tsp Dijon; 3/8 tsp honey or maple (optional); pinches oregano, salt, and pepper.

Method

- 1.** Saute onion and bell pepper in olive oil until just tender.
- 2.** Add garlic, oregano, basil, cumin, paprika, salt, and pepper; cook 1-2 minutes.
- 3.** Stir in pearl couscous and toast 2-3 minutes.
- 4.** Add hot stock or water. Simmer covered until tender and liquid is absorbed, 8-10 minutes, or follow the package ratio.
- 5.** Whisk dressing. Toss warm couscous with dressing and cool on a wide tray.
- 6.** Once cool, fold in kale, cucumber, tomatoes, parsley, and dill. Adjust seasoning and chill 2-4 hours.

CHEF'S NOTES

Squeeze blanched kale very dry. This dairy-free salad travels well and can be made one day ahead.