



Category (Salads)

Couscous Salad

Submitted by (Leanna)

<p><u>Recipe</u></p> <p>Beans: (Cooking Instructions Below) 1 1/4 cups dried black beans, picked over for stones and rinsed 2 cloves garlic, peeled 1 bay leaf 1 tablespoon salt for beans</p> <p>Dressing for Beans: 1/3 cup extra virgin olive oil 1/4 cup sherry wine vinegar 1 teaspoon salt 1 teaspoon ground cumin 1/4 teaspoon freshly cracked black pepper 1 1/2 teaspoons Worcestershire sauce 1 clove garlic, peeled and put through a press</p> <p>Couscous: 1/2 cup extra virgin olive oil 3 tablespoons sherry wine vinegar 2 tablespoons freshly squeezed lemon juice 1 clove garlic, peeled and put through a press 1 1/2 teaspoons ground cumin 1/2 teaspoon dried oregano 1/2 teaspoon salt 1/8 teaspoon black pepper 1 1/2 cups vegetable or defatted chicken stock 2 tablespoons extra virgin olive oil 1 1/2 cups uncooked couscous (the package will probably say "quick-cooking" or "instant")</p>	<p><u>Grocery List</u></p> <p>(Ingredients you need from the store for recipe and any side dish you might add.)</p>
<p><u>Side dish</u></p> <p>(Optional: Any suggestions of foods that might go well with the main dish.)</p>	<p><u>Tips/Helpful hints</u></p> <p>(Any ideas that might be helpful to know when making this recipe.)</p> <p>* We cheated and used canned beans instead of cooking our own. It saves a lot of time, and I couldn't tell the difference.</p> <p>Prepare-Ahead Notes: Allow plenty of time for cooking the beans. The beans can be cooked and marinated two days before assembling the final dish, as can the couscous mixture. The dish can be assembled several hours before serving.</p>