

Beet and Edamame Couscous Salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 6

Ingredients	Quantity	Measure
Israeli Couscous, cooked according to recipe	2	cups
Beets, medium, roasted	2	each
Parsley Leaves, fresh, chopped	.25	cup
Dill Fronds, fresh, chopped	.25	cup
Walnuts, toasted, roughly chopped	.50	cup
Salt	.25	Tsp.
Black Pepper	.25	Tsp.
Olive Oil	.25	cup
Edamame, shelled	.5	cup
Carrots, peeled, sliced, roasted	.5	cup
Lemon Juice, fresh	.25	cup
Za'atar	1	Tbsp.

Preparation

1. Wash the beets and put on a baking sheet. Roast at 400 degrees until a sharp knife pierces easily (about 1 hour or so). When they are cool enough to hand, slip their skins off. Roast carrots on separate tray (will take less time)
2. Chop beets into a small dice while they are warm. Toss with the couscous, breaking up any lumps and mixing until couscous becomes pink.
3. Toss with herbs, nuts and salt and pepper.
4. Mix the za'atar with olive oil and lemon juice, and add to the salad. Toss well. Add carrots and edamame and mix until incorporated.

Serving Information

Serve cold.