Orange Couscous Salad

Recipe E-25

Ingredients	50 Servings		100 Servings		For 25	Directions
	Weight	Measure	Weight	Measure	Servings	DIRECTIONS
Water		3 quarts		1½ gallon	6 cups	In large saucepan heat water to a boil.
Couscous, whole wheat, dry		2½ quarts		5 quarts	5 cups	Add dry couscous, turmeric and black pepper and cover.
Turmeric, ground		2 Tb		¼ cup	1 Tb	3. Turn off heat and let sit covered for 5
Black pepper, ground		2 tsp		1 Tb+1 tsp	1 tsp	minutes. Fluff with fork and let sit. 4. In a large bowl combine chickpeas,
Chickpeas, canned, drained	6½ lb		13 lb		31/4 lb	oranges, onion and raisins.
Mandarin oranges, canned, drained ■	3 lb		6 lb		1½ lb	Make dressing. In a separate bowl whisk together orange zest, lemon juice, olive oil and chives.
Onion, red, small diced		3½ cups		7 cups	1 ³ / ₄ CUPS	Pour dressing over chickpea mixture. Mix well. Fold in the cooled couscous.
Raisins, seedless 🗖		1 quart		2 quarts	2 cups	7. Cover and refrigerate at least 1 hour.
Dressing		1/2 0.00		0/2 0/10	2 Th	Serve 1 cup (8 ounces).
Orange zest, minced		1/3 cup		2/3 cup	3 Tb	
Lemon juice		1½ cups		3 сир	³ / ₄ cup	
Olive oil		2/3 cup		1-1/3 cup	1/3 cup	
Chives, dry		2 Tb		4 Tb	1 Tb	

[■] USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition

Fruit and Veggie Quantity Cookbook – Revised Edition
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NH Obesity Prevention Program, DHHS, DPHS
603-271-4551
www.dhhs.nh.gov/dphs/nhp/obesity.htm
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Nutrients Per Serving

Calories	230
Percent Calories from	n Fat 16%
Total Fat	4.0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	90 mg
Total Carbohydrates	43 g
Dietary Fiber	6 g
Sugars	13 g
Protein	7 g
Vitamin A	(500 IU) 10%
Vitamin C	(15 mg) 25%
Calcium	4%
Iron	10%

Approximate preparation time

20 minutes

Child Nutrition Program Food Components Each portion provides:

- 1 grain/bread
- ½ cup vegetable

Family-size recipe can be found in the appendix.

Original Recipe Source

Produce for Better Health Foundation

NOTES