Orange and Raisin Couscous Salad  
Makes 10 servings

Ingredients:
1 (14 ½ ounces) can vegetable broth  
2 cups whole wheat couscous  
½ cup finely chopped red onion  
2 oranges, peeled and sectioned  
¾ cup raisins  
6 tablespoons orange juice  
1 tablespoon olive oil  
1 teaspoon brown mustard  
3 tablespoons walnuts, chopped

Directions:
1. Place vegetable broth in a large saucepan. Bring broth to a boil on top of the stove. (remove ‘or in the microwave’).
2. Turn off heat, once boiling.
3. Add couscous, stir well, cover and let set for 5 minutes.
4. Fluff with a fork and add onion, oranges, and raisins.
5. Mix together orange juice, olive oil, and mustard. Pour over salad.
6. Sprinkle with walnuts and serve.

Source: Broome County Cornell Cooperative Extension

Nutrition Facts
10 servings per container  
Serving size 1/10 of recipe (149g)

Amount per serving  
Calories 230  
% Daily Value*  
Total Fat 3.5g 4%  
Saturated Fat 0g 0%  
Trans Fat 0g  
Cholesterol 0mg 0%  
Sodium 105mg 5%  
Total Carbohydrate 43g 16%  
Dietary Fiber 2g 7%  
Total Sugars 16g  
Includes 0g Added Sugars 0%  
Protein 6g  
Vitamin D 0mcg 0%  
Calcium 41mg 4%  
Iron 1mg 6%  
Potassium 200mg 4%  

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

14% calories from fat