

U.S. Pepper Jack Couscous Salad

U.S. pepper jack adds a kick to this refreshing salad.



INGREDIENTS

(Serves 6-8)

Cherry Tomatoes, sliced	250g
Onions, diced	60g
Bell Pepper, diced	60g
Garlic, minced	5g
Olive Oil	10ml
Salt	2g
Pepper	1g
Israeli (Pearl) Couscous	270g
Water	500ml
U.S. Pepper Jack, cubed about 3cm	200g
Artichoke hearts, caned, diced	80g
Radishes, matchsticks	60g
Cucumber, quartered, sliced	200g
U.S. Parmesan Green Onion Vinaigrette (see recipe)	250ml

NUTRITIONAL CONTENT

Per 100g

Calories	169kcal
Total Fat	10g
Saturated Fat	3g
Trans Fat	0g
Cholesterol	13mg
Total Carbohydrates	15g
Dietary Fiber	1g
Sugars	3g
Protein	6g
Calcium	120mg
Magnesium	6mg
Phosphorus	33mg
Potassium	70mg
Sodium	203mg
Iron	1mg
Vitamin A	286IU
Vitamin C	6mg

PREPARATION

- 1. Pre-heat oven to 135°C (275°F).**
- 2. In a medium bowl, toss tomatoes, onions, bell peppers, garlic, salt, and pepper together to coat. Spread as a single layer on a baking sheet and bake for 45-50 minutes until lightly browned and oven dried. Remove from pan and chill.**
- 3. In a medium pot, heat water to boiling, add couscous, stir, reduce heat to medium, and cook for 8-10 minutes. Rinse couscous with cold water, drain and chill.**
- 4. In a large bowl, toss tomato mixture, couscous, and remaining ingredients until coated and serve.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.