



Couscous Chicken Salad

This exotic healthy chicken salad prepared by a child or an adult makes a great school luncheon item or a picnic salad. You will be amazed that a salad this simple can taste so good.

Ingredients

- 1 $\frac{1}{4}$ cups boiling water
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp black pepper
- 1 cup uncooked couscous
- 2 cups chopped cooked chicken
- 1 cup frozen peas, steamed
- 1 cup dried cranberries or chopped dried apricots
- $\frac{1}{2}$ cup toasted sunflower seeds or toasted slivered almonds
- $\frac{1}{3}$ - $\frac{1}{2}$ cup prepared Italian salad dressing

Preparation

1. In a large bowl, pour boiling water, mix in salt and pepper. Add the couscous, stir once and cover the bowl. Let stand for 5 minutes.
2. Remove cover and with a fork fluff the couscous. Add cooked chicken, peas, cranberries, sunflower seeds, and salad dressing. Toss gently to mix and coat with the salad dressing. Cover and chill.

Makes 3-4 servings

Tips

- For a vegetarian version, omit chicken and use garbanzo beans, steamed broccoli, chopped cucumbers, and cherry tomatoes sliced in half.

