



Couscous Salad with Pears, Feta & Herbs

YIELDS: 8 servings

PREP TIME: 25 minutes

Ingredients

- 250 mL (1 cup) uncooked whole wheat couscous
- 1 green bell pepper
- 2 green onions
- 60 mL ($\frac{1}{4}$ cup) fresh herbs (mint, cilantro or parsley)
- 2 Bartlett pears
- 175 mL ($\frac{3}{4}$ cup) feta cheese (pasteurized)
- 60 mL ($\frac{1}{4}$ cup) canola oil
- Juice of 1 lemon
- 1 clove of garlic
- 2 mL ($\frac{1}{2}$ tsp) dried oregano leaves
- 1 mL ($\frac{1}{4}$ tsp) pepper



Figure 1: Couscous Salad

EQUIPMENT: 3 cutting boards | electric skillet | 3 knives | 2 mixing bowls (large) | 2 mixing bowls (small) | set of dry measuring cups | set of measuring spoons | small plates and forks for sampling | 2 spoons | strainer | whisk

Directions

1. Boil 250 mL (1 cup) of water.
2. Place uncooked couscous in heat proof bowl. Carefully pour boiling water over couscous and stir.
3. Cover bowl with a cutting board and let stand for 10 minutes. After 10 minutes, uncover and fluff with fork.
4. Thoroughly wash bell peppers, green onions, pears and herbs under cool running water.
5. Dice green pepper, thinly slice green onion, chop herbs, and core and chop pears.

Let's Get Cookin'!

sw
SOUTHWESTERN
Public Health
Oxford • Elgin • St.Thomas

ML
BUREAU DE SANTÉ DE
MIDDLESEX-LONDON
HEALTH UNIT
www.healthunit.com



6. Crumble feta cheese.
7. Make dressing: Mince garlic. In small bowl, whisk together oil, lemon juice, garlic, oregano, and pepper.
8. Add the green pepper, green onions, feta, herbs and pears to cooled couscous. Add dressing and mix to combine.

CHEF'S TIP: Couscous is easy to cook and very versatile. It can be served hot or cold, and used in sweet or savoury dishes.

Let's Get Cookin'!

Sw
SOUTHWESTERN
Public Health
Oxford • Elgin • St.Thomas

ML
BUREAU DE SANTÉ DE
MIDDLESEX-LONDON
HEALTH UNIT
www.healthunit.com