



Southern Style Couscous

Yield: About 10 Cups

Ingredients

1 cup whole wheat couscous
1 cup pepitas (pumpkin seeds)
¼ cup chopped cilantro leaves
¼ cup lime juice
¾ teaspoon chili powder
1 (15-ounce) can no-salt-added black beans, rinsed and drained
2 c tomatoes, finely chopped
1 zucchini, finely chopped
1 red bell pepper, seeded and chopped
1 cup fresh corn kernels (from 2 ears corn)
2 oz. sambal oleek
1 oz. cider vinegar
To Taste 7-2-1
To Taste Sugar

Directions

- 1. Cook Couscous per package directions and quickly cool. Add other ingredients and mix.*