Making it delicious

Couscous Salad

THE Open Door

Ingredients:

- 1 cup dry fine couscous
- 2 cups water
- 1/2 tsp. salt
- 1/2 cup pomegranate seeds

Lemon Vinaigrette:

- 1/4 cup fresh lemon juice (1 large lemon)
- 1 clove of garlic
- 1 teaspoon Dijon mustard
- 1/2 teaspoon honey
- 1/2 teaspoon dried thyme
- 1/4 teaspoon salt
- pinch of black pepper
- 1/3 cup olive oil

Instructions:

- Heat the water and salt to a boil.
- Meanwhile, peel & de-seed the pomegranate* and make the vinaigrette.
  - Into a bowl, measure 1/4 cup of lemon juice.
  - Grate or finely mince the garlic and add it to the bowl.
  - Add the mustard, honey, salt and pepper, and whisk to combine.
  - Very slowly pour in the oil, while whisking, until fully combined.
- Once the water is boiling, stir in the couscous. Cook for 5 minutes, covered, then remove from the heat and let sit, still covered, 5 minutes.
- Transfer the couscous to a bowl, and fluff it with the fork.
- Mix in the pomegranate seeds and vinaigrette to taste.

*See back for instructions on de-seeding a pomegranate

Recipe adapted from: hintofhealthy.com & loveandlemons.com

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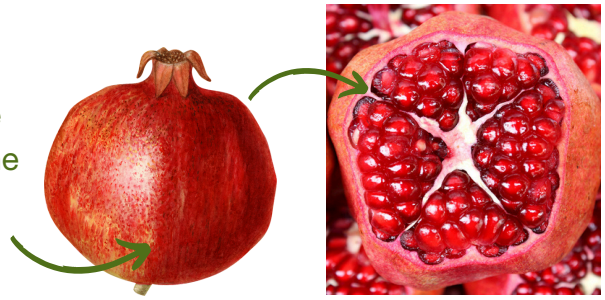
Seeding a Pomegranate

THE Open Door

Instructions:



- A pomegranate is a section fruit, full of jewel-like juicy seeds called “arils”. The subtle ridges on the outside of the fruit mark where the sections are divided by white membranes inside.

- To open the pomegranate, you will need a small sharp knife, such as a paring knife, and a bowl.

- With the knife, carefully cut through the skin around the top of the pomegranate, about an inch and a half below the center. Gently pry off the top, trying not to pop any of the seeds.

- Locate the white membranes which divide the sections, and carefully cut down the outside of the pomegranate, just through the skin, following the membranes.

- Gently peel the sections apart over a bowl of water.

- Turn the pomegranate upside down, and with a stiff spoon, hit the skin of the pomegranate to release the seeds into the bowl. Remove the remaining seeds by hand.

- The seeds will sink to the bottom of the bowl, and the white membrane fragments will float, making them easy to discard.