

KALE COUSCOUS SALAD

PREP TIME: 20 min
COOK TIME: 15 min
SERVINGS: 4
SERVING SIZE: 1 cup



INGREDIENTS

- ½ cup couscous
- 1 cup kale
- ½ cup chickpeas, drained and rinsed
- ¼ cup feta
- ½ apple, chopped

DRESSING

- 2 Tablespoons olive oil
- 1 Tablespoon apple cider vinegar
- 1 Tablespoon honey
- ⅛ teaspoon salt
- 2 Tablespoons thinly sliced green onions

DIRECTIONS

1. Cook couscous according to directions on package.
2. Cut or tear kale into thin strips.
3. Mix shredded kale with couscous and set aside to cool.
4. Add the chickpeas, feta, and chopped apple.
5. Mix the dressing ingredients together and add to the couscous mixture.
6. Serve warm or cold. Enjoy!



Public Health This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

