



Couscous & Fruit Salad

2 tablespoons extra-virgin olive oil
2 tablespoons orange juice
1 tablespoon cider vinegar
2 teaspoons finely chopped shallots
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
2 cups cooked whole-wheat couscous
1 cup chopped nectarine
1 cup mixed fresh berries, such as blueberries and raspberries
2 tablespoons toasted sliced almonds (see Cooks Tip)

Whisk oil, orange juice, vinegar, shallots, salt and pepper in a large bowl. Add cooked couscous, nectarines, berries and almonds; gently toss to combine.

Cooks Tip:

To toast sliced almonds, heat a small dry skillet over medium-low heat. Add nuts and cook, stirring, until lightly browned and fragrant, 2 to 3 minutes.

Nutritional Analysis

Calories	256
Fat	9g
Saturated Fat	1g
Monounsaturated Fat	6g
Sodium	146mg
Carbohydrates	40g
Dietary Fiber	7g
Protein	7g
Potassium	140mg

Diabetic Exchanges: 2 starch, ½ fruit, 2 fat