



# Couscous Salad with Kale and Apple

Prep time: 20 min

Cook time: 15 min

Serves 4

## INGREDIENTS

- ½ cup dry couscous
- 1 cup kale, thick stems removed, cut into strips
- ½ cup canned chickpeas, drained and rinsed
- ¼ cup feta cheese, crumbled
- 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



Start with clean hands!  
Wash your hands with soap and water.

1. Cook couscous according to directions on package.
2. In a large bowl, mix shredded kale with hot couscous and set aside to cool.
3. After couscous mixture has cooled, add the chickpeas, feta, and chopped apple.
4. In a small bowl, mix the dressing ingredients together until well combined. Add to the couscous mixture and mix.
5. Serve warm or cold. Enjoy!

**Kale** is a leafy vegetable native to the Mediterranean. It can be used like spinach in recipes. Eat it cooked or raw.

**Couscous** is a tiny pasta made from wheat. It is a common ingredient in the countries of North Africa. It is used in a similar way to rice.