

LESSON 11: PRACTICING YOUR KNOWLEDGE (VIRTUAL)

Vegan Couscous Salad

INGREDIENTS

- 1 cup couscous (dry)
- 1 cup water, boiling
- 1 TBSP vegan butter
- Kosher salt, to taste
- Black pepper, to taste
- ½ head iceberg lettuce, chopped
- 1 medium cucumber, chopped
- ½ cup halved cherry tomatoes
- ¼ cup sundried tomatoes, chopped
- 1 can (15 oz) whole kernel corn, drained
- ¼ cup tahini
- 2 TBSP lemon juice
- 1 clove garlic, minced
- 1 TBSP low sodium soy sauce
- 1 TBSP maple syrup (or honey)
- 1–2 TBSP water
- 1 avocado, sliced



MAKES 4 SERVINGS

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	485.5 kcal	24 %
Total Fat	20 g	31 %
Saturated Fat	3.3 g	17 %
Trans Fat	0.1 g	
Cholesterol	0 mg	0 %
Sodium	502.4 mg	21 %
Total Carbohydrate	68.8 g	23 %
Dietary Fiber	11.3 g	45 %
Sugars	14.3 g	
Protein	13.6 g	27 %
Vitamin A	2 %	Vitamin C 31 %
Calcium	11 %	Iron 17 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

DIRECTIONS

- 1 Place couscous in a bowl and carefully pour in boiling water. Cover and let rest for a few minutes.
- 2 Fluff couscous with a fork and stir in vegan butter, salt and pepper and mix together.
- 3 In a large bowl, combine lettuce, cucumber, cherry tomatoes, sun dried tomatoes, and sweet corn into a mixing bowl and toss together. Add in the finished couscous and mix well.
- 4 In a small bowl, combine tahini, lemon juice, garlic, soy sauce and maple syrup. Slowly add in just enough water to achieve desired consistency.
- 5 Pour dressing over couscous salad, mix, and garnish with sliced avocado.