



RECIPE

Lemon Asparagus Couscous Salad with Tomatoes



INGREDIENTS:

6 oz whole wheat pearl couscous

¾ lb WHFF thin asparagus spears
(tough ends trimmed)

1 ½ cups grape tomatoes (quartered)

¼ cup red onion minced

1 ½ lemons (juiced)

1 tbsp extra virgin olive oil

2 tbsp fresh parsley (minced)

Kosher salt (to taste)

Fresh cracked pepper (to taste)

DIRECTIONS:

- Bring large pot of salted water to boil, add WHFF asparagus and cook until tender, about 3 minutes.
- Remove with large, slotted spoon and rinse in a colander in the sink under cold water to stop it from cooking.
- Add the couscous to the boiling water and cook according to package directions.
- Chop the WHFF asparagus into small ½ inch pieces.
- Drain the couscous and rinse under cold water, place in large bowl.
- Add the chopped WHFF asparagus, tomatoes, red onion, lemon juice, olive oil, parsley, salt and pepper to the bowl.
- Taste for salt and pepper and serve room temperature or chilled.