

Whole Wheat Couscous Kale Salad

Anita Herman, MG

SALAD

2 cups whole wheat couscous
2 cups loosely chopped kale
1 cup unsalted, roasted pecans,
chopped
1 cup dried cranberries
2-3 oranges, segmented
1/2 cup feta cheese, optional



Toss together in a large bowl.

DRESSING

1/4 cup white balsamic vinegar
1 Tbs. stone ground mustard
1Tbs. sugar
1 garlic clove, diced
3/4 cup olive/canola oil

1. Mix dressing ingredients together.
2. Pour over salad and mix well.
3. Sprinkle feta over the top.