

RECIPE | TOMATOES



# ISRAELI COUSCOUS SALAD WITH SLOW-ROASTED TOMATOES

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Recipe created by *Caeli-Rose White*



## INGREDIENTS

### For the salad:

- 2 dry pints** Pure Flavor® Cloud 9® Bite-Sized Fruity Tomatoes, halved
- 1** Pure Flavor® Long English Cucumber, finely diced
- 1** can chickpeas, drained & rinsed
- 1** bunch of parsley, roughly chopped
- 1** lemon, zested
- ½** red onion, finely chopped
- 8 oz** Israeli couscous- cooked according to package directions
- ¼ cup** sliced almonds
- 2 tbsp** nutritional yeast
- Salt & pepper, to taste
- Lemon slices, for serving

### For the dressing:

- 3** cloves of fresh garlic, minced
- ¼ cup** olive oil
- ¼ cup** fresh lemon juice
- 1 tbsp** balsamic vinegar
- 1 tbsp** maple syrup
- ¼ tsp** dried oregano
- ¼ tsp** dried basil

## DIRECTIONS

- 1** Preheat the oven to 375°F. Line a baking sheet with parchment paper lay the tomatoes cut side up and lightly season with salt & pepper. Roast in the oven for 45 minutes until tomatoes appear sun-dried, shriveled, and lightly browned on the bottom. Allow tomatoes to cool, then remove from the pan.
- 2** In a small bowl, combine the ingredients for the dressing and mix well.
- 3** In a large bowl, add couscous, cucumber, onion, parsley, roasted tomatoes, chickpeas, lemon zest, nutritional yeast, and almonds.
- 4** Pour the dressing on to the salad and add salt & pepper to taste.
- 5** Refrigerate until you're ready to serve. Garnish with lemon slices and enjoy.



**1 hr 5 min**

**20 min** | **45 min**  
PREP. | COOKING



**10**



**easy**