



RECIPE | TOMATOES

ISRAELI COUSCOUS SALAD WITH SLOW-ROASTED TOMATOES



20 min
PREP.

45 min
COOKING



10



easy

1 hr 5 min

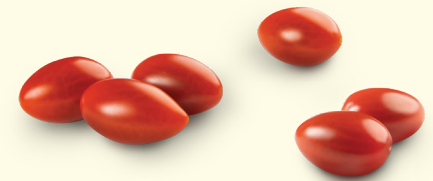
INGREDIENTS

Recipe created by *Caeli-Rose White*

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.

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