Heart Healthy Recipes

Couscous Salad

1 10-oz box - Couscous
2 tbs - Olive oil
$^{1}/_{2}$ tsp - Salt
Fresh vegetables - baby carrots, cauliflower florets, fresh green beans, asparagus, frozen baby peas, small fresh tomatoes - whatever looks good
1 pkg - Fresh basil, chopped
$^{1}/_{2}$ cup - Raisins

Bring 2 cups of water to a boil. Add the olive oil, salt and couscous, stir, and remove from heat. Let sit 5 min and turn out into a bowl. Stir with a fork to break up any lumps and allow to cool.

Arizona Heart Institute
2632 N. 20th St.
Phoenix, AZ 85006
602-266-2200
http://www.azheart.com

More recipes are available at: www.mediterrasian.com