

Couscous Salad w/ Dill Dressing

2 $\frac{1}{4}$ cups water

1 $\frac{1}{2}$ cups couscous

$\frac{1}{3}$ cup piñon nuts

$\frac{1}{2}$ cup each thawed

frozen petite peas

& chopped green onion

6 ounces Swiss cheese,
cut into matchstick-size
pieces.

Present salad on bed of:

8 cups spinach leaves, washed
and crisped.

Salt & Pepper

In 3-4 qt pan over high heat, bring water to a boil.
Stir in couscous. Remove from heat, cover, let stand
until liquid is absorbed, about 5 min. Stir with a
fork to fluff; let cool. Meanwhile, put nuts in
an 8 or 9 inch wide pan. Bake in 350° oven
until lightly toasted (10 min-about)

(Serves 6)

over —

Add to couscous the nuts, peas, onions, cheese, dressing; mix well. Line a platter w/ spinach; mound salad on leaves. Season with salt and pepper to taste.

Dill Dressing

Mix 1 tsp grated lemon peel w/ $\frac{1}{4}$ cup lemon juice; $\frac{1}{2}$ cup olive oil; 1 tbsp Dijon mustard; 1 clove garlic, minced or pressed; and 2 tbsp minced fresh dill.

Per serving:
497 cal
18 g protein

26 mg chol.