

## Alicia's Health Savvy Mediterranean Salad



This Health Savvy Mediterranean Salad is one of our all time "go to" favorites; either as a complete meal or as a salad to go along with other yummy foods. We often will take this to cookouts, family outings and neighborhood potlucks.

Prep Time: 40 min Cook Time: 15 min

### Ingredients

*1 16 oz package Trader Joe's Harvest Grains Blend  
(Blend of Israeli Couscous, Orzo, Baby Garbanzo Beans and Red Quinoa)  
3 tablespoons extra-virgin olive oil, plus 1/4 cup  
2 cloves garlic, minced  
3 cups chicken stock  
2 lemons, juiced  
2 lemons, zested  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
1 cup chopped fresh basil leaves  
1/2 cup chopped fresh mint leaves  
1 large cucumber finely diced  
1/2 cup of crumbled feta  
1 cup dried cranberries  
3/4 cup slivered almonds, toasted*

### Directions

In a medium saucepan, warm 3 tablespoons of the olive oil over medium heat. Add the garlic and cook for 1 minute. Add the couscous and cook until toasted and lightly browned, stirring often, about 5 minutes. Carefully add the stock, and the juice of 1 lemon, and bring to a boil. Reduce the heat and simmer, covered, until the couscous is tender, but still firm to the bite, stirring occasionally, about 8 to 10 minutes. Drain the couscous.

In a large bowl, toss the cooked couscous with the remaining olive oil, remaining lemon juice, zest, salt, and pepper and let cool.

Once the couscous is room temperature, add the fresh herbs, dried cranberries, cucumber, feta and almonds. Toss to combine and serve.

ps...Add a protein like grilled chicken breasts to make this a heart savvy complete meal!

Enjoy!