

## **Cooking with Kaye Francis – Wed. March 10 @ 12-1pm**

<https://dawsoncollege.zoom.us/j/95275999302>

### **COUSCOUS SALAD**

The goal of this class is to demonstrate the versatility of couscous. By incorporating different ingredients, a variety of salads can be made. The focus of our class will be on Italian and Greek inspired salads.

#### **Materials**

Small pot

Stove, microwave or kettle

Bowl

#### **DIRECTIONS**

1. Select the style of salad (Italian or Greek)
2. Create a salad with base ingredients
3. Add the additional corresponding ingredients and dressing to your salad (Italian/Greek)

#### **The base ingredients**

- 1 cup of couscous (uncooked) \*We will cook the couscous LIVE
- 1/2 cup diced tomatoes
- 1/2 cup English cucumber
- 1/2 cup sweet peppers (green and/or red)
- 1/4 cup minced red onions
- ½ cup water

#### **Dressing:**

- 1/2 cup of your favorite Italian or Greek inspired salad dressing.

#### **Select your theme**

- For an Italian inspired salad, you will need some sundried tomato pesto and a jar of antipasto calabrese.
- For Greek inspired salad you will need creamy cucumber salad dressing, olives, dill, Feta Cheese.

#### **Fresh Herbs**

For Garnish, feel free to add any of your favorites (Parsley, Basil, Chive)