

Mediterranean Couscous (or Quinoa) Salad

Melissa Bullitt, 2016 March Meeting/Photography Show

Ingredients:

*(meat is optional) Cooked chicken (I used rotisserie chicken), OR Tuna works too
Feta cheese cubed (I used a whole block of the feta in brine) add as much as you like/need for the size salad you're making

Grape tomatoes (cut in half)- I used a whole container for this salad

Fresh parsley (chopped) I used about 1/4 of a large bunch, you can add as much as you like

Red onion (chopped) I used about 1/2 of a large onion

Cucumber cubed (about half of one of the long English cucumbers, unpeeled)

Lentils cooked (I used about 3/4 cup of dried lentils and cooked them according to directions. I used the French kind, but regular lentils work too, for a short cut one can of drained lentils would probably work too)

Couscous (One cup dry couscous, cooked according to instructions) OR Quinoa

A handful of fresh or dried chives if you have it

Once the lentils and the couscous or quinoa have cooled. Place all the ingredients in a bowl and mix to incorporate. Pour on the sauce (recipe below). Stir sauce all over the mixture. Refrigerate for several hours or overnight for best taste. Taste before serving to see if more salt or seasonings are needed.

Sauce/dressing:

1/2 cup Olive oil

2 Tbls Parmesan cheese

1- 1 1/2 Tbls Dijon mustard

2 Tbls Lemon juice

Kosher salt (to taste)

Pepper (to taste)

1 tsp. Cumin

Dash of Paprika

Dash of Chili powder

2 cloves of garlic (minced)

Place all ingredients in a mixing cup, and whisk together. Pour over the salad- stir as you pour to judge how much sauce you may need to use based on the size of your salad.

(If the salad still looks dry, try adding more olive oil, or try mixing up another half batch of the dressing)