
Israeli Couscous Salad with Cherries

Summer Cookout Cookbook

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1 red onion, chopped
olive oil
1 cup Israeli couscous
1 1/2 cups water
1/2 teaspoon Kosher salt
8 ounces halved pitted cherries
1/2 cup feta cheese, crumbled
1/4 cup chopped parsley
1/4 cup chopped scallions
2 tablespoons white wine vinegar
salt
pepper

In a skillet, saute' the red onion in olive oil. Add the couscous. Cook, stirring, for 4 minutes.

Add the water and Kosher salt. Bring to a simmer. Cover and cook over low heat for 8 minutes.

Toss the couscous with the cherries, feta, parsley, scallions and vinegar.

Season with salt and pepper.

Salads

Per Serving (excluding unknown items): 276 Calories; 16g Fat (51.5% calories from fat); 13g Protein; 21g Carbohydrate; 4g Dietary Fiber; 67mg Cholesterol; 1805mg Sodium. Exchanges: 1 1/2 Lean Meat; 3 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.