

Middle Eastern Carrot Salad

(Christine Wenk-Harrison)

2 cups coarsely chopped carrot (ca. 4 med)
1 cup uncooked Israeli couscous
2 1/4 cups water
1 (3 in.) cinnamon stick
3 tablespoons chopped fresh cilantro
2 tablespoons chopped fresh parsley
2 1/2 tablespoons extra virgin olive oil
1/4 teaspoon grated lemon rind
1 tablespoon fresh lemon juice
3/4 teaspoon salt
1/2 teaspoon ground cumin
1 garlic clove, minced

Combine first 4 ingredients in a large saucepan; bring to a boil. Cook 10 minutes or until carrot and couscous are tender. Drain; discard cinnamon stick. Combine couscous mixture, cilantro and remaining ingredients in a large bowl; toss gently to coat. Serve at room temperature. Orzo can be substituted for couscous.