



Dragon Salad - Couscous Summer Salad

 Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



530 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black
- 2 pints cherry tomatoes red
- 2.8 cups vegetable stock fine (vegetable broth would be too)
- 0.3 cup olive oil extra virgin
- 0.3 pound feta cheese
- 0.3 cup parsley fresh chopped
- 0.3 cup mint leaves fresh
- 3 large garlic clove unpeeled

- 2 juice of lemon
- 0.5 cup kalamata olives
- 1 teaspoon salt (for sauce)
- 0.3 cup water
- 2.3 cups couscous whole wheat (regular or)

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- blender
- baking pan
- measuring cup

Directions

- Preheat oven to 250 degrees Fahrenheit
- Halve tomatoes through stem ends (from top to bottom, not across the middle) and arrange, cut side up, in one layer in a large, shallow baking pan.
- Add garlic to pan and roast in the middle of the oven until tomatoes are slightly shriveled around the edges, about 1 hour.Cool in pan on rack for 30 minutes, or until no longer hot.While tomatoes are roasting, bring the broth to a boil in a 3 qt. saucepan. Stir in couscous, let simmer in pan for about two minutes.Cover pan and remove from heat, let stand for 5-10 minutes (or, if you're using boxed couscous, just follow the cooking directions on the package).When couscous has cooled, run your (clean!) hands through it to break up any clumps.When garlic is cool enough to handle, peel it the garlic and using a small knife chop the garlic very finely.

Mix the garlic with the olive oil, warm water and the juice of one lemon in a small bowl or liquid measuring cup and whisk until combined. It's best to get this as well mixed as possible, for which I broke out my Mexican molcajete grinding bowl. But a blender or food processor would work just as well.

Nutrition Facts

PROTEIN 12.6% **FAT 28.37%** **CARBS 59.03%**

Properties

Glycemic Index: 27.67, Glycemic Load: 1.07, Inflammation Score: -8, Nutrition Score: 15.687826086957%

Flavonoids

Eriodictyol: 1.07mg, Eriodictyol: 1.07mg, Eriodictyol: 1.07mg, Eriodictyol: 1.07mg Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 5.5mg, Apigenin: 5.5mg, Apigenin: 5.5mg, Apigenin: 5.5mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 530.36kcal (26.52%), Fat: 17.94g (27.6%), Saturated Fat: 4.86g (30.38%), Carbohydrates: 83.99g (28%), Net Carbohydrates: 74.4g (27.06%), Sugar: 6.75g (7.5%), Cholesterol: 22.43mg (7.48%), Sodium: 1301.58mg (56.59%), Protein: 17.93g (35.86%), Vitamin C: 44.22mg (53.6%), Vitamin K: 51.74µg (49.28%), Fiber: 9.59g (38.37%), Vitamin A: 1443.15IU (28.86%), Iron: 4.45mg (24.71%), Calcium: 191.17mg (19.12%), Vitamin E: 2.69mg (17.93%), Vitamin B2: 0.26mg (15.24%), Phosphorus: 135.71mg (13.57%), Vitamin B6: 0.26mg (13.16%), Manganese: 0.25mg (12.36%), Potassium: 407.41mg (11.64%), Folate: 36.92µg (9.23%), Copper: 0.16mg (8%), Vitamin B1: 0.11mg (7.15%), Vitamin B12: 0.43µg (7.1%), Selenium: 4.9µg (7.01%), Zinc: 1.02mg (6.83%), Magnesium: 24.34mg (6.08%), Vitamin B3: 1.2mg (6.01%), Vitamin B5: 0.49mg (4.9%)