

## Mt. Carmel Couscous Salad

15 min prep / 15 min cooking / 2-3 servings

1 3/4c Filtered water or vegetable stock  
1c Couscous, medium size, toasted  
1c Tomato, chopped  
3/4 c Cucumber, seeded and chopped  
3Tbl Italian parsley, minced  
2Tbl Lemon juice, fresh squeezed  
1Tbl Balsamic vinegar  
1 1/2tsp Garlic, minced  
1tsp Dill, minced  
Pinch Cayenne pepper  
Sea salt, to taste  
Black pepper, ground to taste

### Loving preparation

1. Bring water or stock to a boil in a 3 qt pot. Remove from heat, add couscous, cover and allow to sit until all liquid is absorbed, approximately 10 minutes.  
2. Fluff with a fork, pour into a large bowl and place in the refrigerator to cool for 10 minutes. 3. Gently mix with a fork, add remaining ingredients and mix well.

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