Caribbean Mango Couscous Salad

Recipe courtesy of UConn Dining Services | dining.uconn.edu/recipes
Makes 4-6 servings

Mango Vinaigrette

Ingredients:
½ cup mango (fresh or frozen)
2 teaspoon lemon juice
2 teaspoon apple cider vinegar
¼ cup cilantro
½ teaspoon salt
½ teaspoon cumin
½ teaspoon garlic powder
2 tablespoon olive or vegetable oil

Instructions:
In a food processor or blender combine all the ingredients except for oil. While processor or blender is running, slowly add olive oil to emulsify. Hold until needed.

Salad

Ingredients:
1 cup pearl couscous
1 teaspoon olive oil
3 cups water
½ red pepper (thinly sliced)
¼ cup shredded cabbage
¼ cup grated carrot
½ cup (thinly sliced kale)
1 cup diced mango (fresh or frozen)
Mango dressing—as needed.
Salt and Pepper—as needed

Instructions:
1. Place couscous in a medium saucepan with olive oil and toast over medium heat until slightly toasted,
2. Pour water into medium saucepan and bring to boil.
3. Cook couscous for 8-10 minutes until tender.
4. Drain couscous and transfer to large mixing bowl and place in fridge to cool.
5. Once cooled—add red peppers, cabbage, carrots, kale, and mango.
6. Slowly add mango vinaigrette a little at a time, mixing with spatula or wooden spoon.
7. Taste and season with salt and pepper, serve immediately or refrigerate until ready to serve.