

Salmon Couscous Salad

This is a great refreshing salad for those hot summer days!

Serves 6 (1½ cups each) Prep time 20 min / Total time 20 min

INGREDIENTS

2 cans (180 g each) Gold Seal® Skinless Boneless Sockeye salmon, drained	½ cup finely diced cucumber
3 tsp chopped fresh mint	¼ cup chopped green onion
2 tsp chopped fresh basil	1 pkg (200 g) cooked couscous (follow directions on package)
1/3 cup chopped fresh parsley	½ cup olive oil
juice & zest of 1 lemon	freshly cracked pepper, to taste
½ cup finely diced celery	6 radicchio leaves (optional)
½ cup finely diced red pepper	

COOKING INSTRUCTIONS

1. In a large mixing bowl combine all ingredients (except radicchio leaves, if using) and mix well.
2. Serve directly on chilled plates, or scooped into radicchio leaves.

Ingredient of the day: Couscous

Often referred to as a grain, couscous is actually coarsely ground semolina pasta. It lasts in an airtight container in the cupboard for up to one year. Because of its quick prep time, couscous is a great alternative to rice or pasta when you don't have time to stand over a hot stove.

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CHEF TIPS

- Add halved cherry tomatoes for extra colour or a side of grilled veggies.
- Can be made a day ahead and refrigerated.
- Enjoy with a glass of your favorite white wine or refreshing summer drink.

NUTRITIONAL VALUES / SERVING:

Calories 302	Fiber 2 g
Fat 22 g	Cholesterol 23 mg
Sat Fat 3 g	Sodium 209 mg
Carbs 12 g	Sugar 2 g
Protein 15 g	Calcium 156 mg