



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.