



## Whole Wheat Couscous and Lentil Salad

*Serves 12 for a small group at home or up to 20 on a larger buffet with more choices*

### Dressing Ingredients

(This seems like a lot, but it is the correct amount!)

- ½ cup + 2 Tbsp extra virgin olive oil
- ½ cup + 2 Tbsp fresh squeezed lemon juice
- Zest of one lemon
- 1 ½ Tbsp minced fresh garlic
- 3 Tbsp fresh finely chopped oregano or 1 Tbsp dried oregano
- ½ Tbsp ground cumin
- ½ tsp. salt
- 2 tsp. grainy mustard (I use the Maille brand)

### Couscous Ingredients

- 2 Tbsp olive oil
- 1 ½ cup water
- 1 cup whole wheat couscous

### Lentil Ingredients

- 1 cup black Beluga lentils or french green lentils
- ½ tsp. salt
- 3 cups water to cover lentils

### Additional Ingredients (to stir in at the end)

- 1 large English cucumber, unpeeled and diced fine
- 1 orange or red pepper, seeded and chopped fine
- ⅓ cup fresh chopped mint

### Ingredients To Garnish

- 15 cherry tomatoes, halved
- 5 oz crumbled Feta, chopped

- Black cracked pepper to taste
- 2 Tbsp fresh chopped mint

### Instructions

In a large bowl, whisk together dressing ingredients - set aside.

Put water and oil in 3-quart saucepan over high heat and when it boils add the couscous, lower heat and cover - cook on low for five minutes. Remove the pan and uncover, use fork to eliminate clumps.

Add all the dressing and let the couscous cool in the dressing.

Meanwhile, cook the lentils uncovered with salted water and let them simmer until tender but not mushy, about 15 minutes. Drain well, rinse with cold water until the water runs clear and drain well again. When they cool add the lentils to the couscous and dressing. Refrigerate if not eating right away.

Right before serving (or up to an hour prior) stir in the vegetables and herbs to coat them. Garnish as you desire (see my list of garnishes I use) and eat up!