

Asparagus Salad with Israeli Couscous

Ingredients

1–2 bunches asparagus, trimmed

1–2 tablespoons olive oil

salt and pepper to taste

1 ½ cups dry Israeli Cous Cous (uncooked)

½ Cup kalamata olives (pitted, sliced)

½ Cup feta cheese (optional)

½ cup toasted pine nuts or slivered almonds

½ cup dill or Italian parsley, chopped

2 tablespoons tarragon

3 scallions, sliced at a diagonal

Zest from one lemon

Dressing

⅓ C olive oil

3 Tablespoons whole grain mustard

2 Tablespoon Red wine vinegar

2 Tablespoon lemon juice

1 tsp salt

1 teaspoon pepper



Method

425 F oven.

Trim the tough ends of the asparagus off. Lay them on a baking sheet and drizzle with 1-2 T olive oil, sprinkle with a generous pinch of salt and cracked pepper, and half of the lemon zest. Roast in the oven until just tender, about 20-25 minutes. Cut into bite size pieces.

Cook Israeli Cous Cous, according to the package instructions

Make the dressing. In a small bowl, stir all ingredients together.

Drain couscous, and place in a large bowl. Toss it with the dressing, olives, asparagus, feta, pine nuts, fresh herbs , scallions and remaining lemon zest.

Taste and adjust salt and lemon to your liking.

Serve warm, or chill and serve as a salad.

If serving chilled, taste the salad once more before serving and adjust salt, lemon and olive oil one more time as the cous cous may soak up some of the flavorful dressing.