

## Couscous Salad – Teacher Guided Activity

Text in *italics* appears in the original recipe. Divide class into four working groups. Guided steps to execute the recipe are below.

1 cup	uncooked couscous	250 mL
1 ¼ cup	chicken broth, or bouillon equivalent	300 mL
3 Tbsp	olive oil	45 mL
2 Tbsp	lime juice	30 mL
1 tsp	red wine vinegar	5 mL
½ tsp	cumin	2 mL
3 cloves	garlic, finely minced	3
8	green onions, chopped	8
2	red bell peppers, seeded and chopped	2
1 can	canned corn, drained	1 can
2 (15 oz) cans	black beans, drained and rinsed	2 can
	Salt and pepper, to taste	
	Optional: Feta cheese, crumbled, to taste	

### Equipment:

- Kitchen scissors (to cut green onions)
- Cutting boards (2-3)
- Large bowl
- Strainer
- Can opener
- Small Paring Knives (2-3)
- Microplane (optional – to finely grate garlic instead of mincing it)
- Medium sized pot with a lid
- Fork or whisk
- Glass measuring cup (2 or 4 cup capacity, used to boil broth in the microwave)
- Microwave
- Measuring spoons (1 or 2 sets)
- Measuring cups (1 set)
- Mixing spoon
- Plates (re-useable or disposable)
- Forks (re-useable or disposable)

## Group 1

### Equipment

- Medium sized pot with a lid
- Glass measuring cup (2 or 4 cup capacity, used to boil broth in the microwave)
- Microwave
- Measuring cups (1 set)
- Fork
- Spoon

*Bring chicken broth to a boil in a medium size pot. Stir in the couscous. Cover the pot and remove from heat. Let stand for 5 minutes.*

- Boil 1 ¼ cup water, either in a small pot on the stove top or in a large glass measuring cup in microwave.
- Add 1 chicken bouillon cube to boiling water and mix until dissolved.
- Measure couscous.
- Stir couscous into chicken broth.
- Cover with lid. Let stand for 5 minutes.
- *Fluff the couscous well with a fork, breaking up any chunks.*
- *Add to the bowl with the vegetables and mix well. Once the other groups have added all of their ingredients to the large bowl, add the cooked couscous and mix well.*

## Group 2

### Equipment

- Cutting board
- Large bowl
- Small Paring Knife (1)
- Microplane (optional – to finely grate garlic instead of mincing it)
- Measuring spoons (1 or 2 sets)
- Fork or whisk

*In a large bowl, whisk together the olive oil, lime juice, vinegar, minced garlic and cumin.*

- Measure oil, red wine vinegar, cumin and put into large bowl.
- Roll lime on a table top or counter 10 times.
- Cut lime in half.
- Squeeze out lime juice into a small bowl, using a spoon, fork or juicer to help release more juice.
- Measure lime juice and add to the large bowl.
- Peel garlic.
- Mince garlic finely with a knife, or grate garlic on a microplane, or press garlic through a garlic press.
- Add garlic to the large bowl.
- Whisk everything together with a whisk or fork to make the dressing.

### Group 3

#### Equipment

- Sink
- Kitchen scissors (to cut green onions)
- Cutting boards (2-3)
- Small Paring Knives (2)
- Mixing spoon

*Add the green onions, red pepper,*

- Wash green onions.
- Trim both ends of the green onions.
- Chop green onion with knife and cutting board, or cut with kitchen scissors. Green onion pieces should be about 0.5 cm long.
- Wash peppers.
- Cut in half and remove the seeds and stem.
- Cut each pepper half into 6-8 strips.
- Chop each strip into 6-8 equal sized pieces.
- Put chopped onions and peppers into large bowl that group 2 has made the dressing in.

## Group 4

### Equipment

- Strainer
- Can opener
- Sink

.....corn and beans and toss to coat.

- Open canned corn with a can opener.
- Drain in a strainer in a sink or garbage bowl.
- Open both cans of black beans with a can opener.
- Drain each can in a strainer in a sink.
- Rinse the beans in the strainer with cold running water until the water coming out of the bottom of the strainer is clear and clean.
- Add to the large bowl with the dressing and chopped vegetables.
- Strain feta cheese (if it comes packed in liquid).
- Crumble the feta cheese with your fingers into pieces that are about 0.5cm in diameter.
- *Add the crumbled feta cheese* to the large bowl with the chopped vegetables, dressing, corn and beans.

**All**

**Equipment**

- Mixing spoon
- Plates (re-useable or disposable)
- Forks (re-useable or disposable)

*Season with salt and pepper to taste and serve, or refrigerate until ready to serve.*