

Couscous and Kale Breakfast Salad

2 cups water
1/2 cup couscous
2 cups thinly sliced kale
1 large peach cut into 1/2" wedges
1 cup seedless grapes, halved
1/2 cup dried apricots, chopped
2 Tablespoons pumpkin seeds
2 Tablespoons cider vinegar
Sea salt and ground black pepper, to taste



1. In a small saucepan bring the water to boiling. Stir in couscous; remove from heat. Cover and let stand at least 15 minutes. Drain off any remaining liquid and fluff with a fork. Transfer to an extra-large bowl to cool.
2. Meanwhile, place kale in a steamer basket in a large saucepan. Add water to saucepan to just below basket. Bring to boiling; reduce heat. Steam covered, 5 minutes or until wilted. Add kale to couscous; cool 5 minutes.
3. Add the next five ingredients to the couscous mixture; toss to combine. Season with salt and pepper. Serve at room temperature or chilled.

Recipe from the Forks Over Knives Summer 2018 magazine