

AARP Easy Healthy Meal Prep Ideas

Instructor: Chef John

Date: November 18 12PM-1:30PM

### **Lemon Herb Italian Couscous Salad**

This salad can be a side side, can be the main event, or works well topped with grilled chicken or shrimp! With lots of texture from crisp cucumber, sweet tomatoes, crunchy nuts and raisins, this is certainly one of Chef's favorites. You can even make it ahead of time.

Makes approximately 4 (1 cup) servings

Ingredients:

- 3/4 cup dried Israeli couscous, also called pearl couscous
- Salt and fresh ground black pepper TT
- 1 oz extra-virgin olive oil
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon honey
- 1/2 teaspoon finely grated lemon zest
- 2 tablespoons fresh squeezed lemon juice
- 1/2 medium English cucumber, diced
- 1 medium tomato, diced
- 1/4 cup coarsely chopped fresh herbs; use any combination of fresh parsley, cilantro, basil, dill, or mint
- 2 tbsp chopped walnuts, toasted
- 2 tbsp raisins, we love golden raisins



### **DIRECTIONS**

1. Bring a medium saucepan of salted water to a boil. Add couscous and cook until tender, 8-10 minutes. Drain.
2. While the couscous cooks, in a large bowl, whisk the oil, mustard, honey, lemon zest, lemon juice, 1/2 teaspoon of salt, and 1/4 teaspoon pepper. Add the drained couscous to the dressing and mix well.
3. Stir in the cucumber, tomato, herbs, walnuts and raisins. Taste for seasoning and adjust with salt and/or pepper as needed. Enjoy warm or cover then refrigerate until cool, about 1 hour.

### **TIPS**

If you cannot find Israeli Couscous, you may substitute with a small pasta shape such as orzo or use regular couscous.

To toast walnuts, add to a dry pan over medium heat. Cook, stirring frequently until the nuts turn golden brown and become fragrant, 5 to 10 minutes.

**Make-Ahead:** This salad is delicious when eaten straight away, but you can also make the salad, cover it and refrigerate for up to 4 hours. This way all the flavors marry and mingle, making for an even more delicious salad. If you are planning to make a day or two ahead of time, keep the tomatoes and walnuts separate until you're ready to serve. This way they will remain crisp.

**NUTRITION PER SERVING:** Serving Size 1 cup / Calories 219 / Protein 5 g / Carbohydrate 29 g / Dietary Fiber 2 g / Total Sugars 4 g / Total Fat 9 g / Saturated Fat 1 g / Cholesterol 0 mg / Sodium 160 mg

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### Healthy Taco Bowl with Avocado Lime Dressing

Prep Time: 15 minutes

Cook Time: 40 minutes

Total Time: 55 minutes

Servings: 4

#### Ingredients

- 1/2 cup corn, frozen
- 2 medium sweet potato
- 6 cup lettuce, romaine
- 1/8 teaspoon sea salt
- 1/8 teaspoon black pepper, ground
- 1 cup brown rice, raw
- 2 cup water
- 1 cup cherry tomatoes
- 1/2 medium onion, red
- 1 medium avocado
- 1 medium lime

#### Dressing

1. 2 tablespoon lime juice
2. 1/3 cup water
3. 1 medium avocado
4. 2 tablespoon cilantro
5. 1 teaspoon garlic powder
6. 1 teaspoon sea salt
7. 1/2 teaspoon black pepper, ground

#### Instructions

1. Preheat oven to 400°F. Set the corn out to thaw.
2. Thoroughly wash the potatoes and cut them into 1 inch cubes. Shred or chop lettuce.
3. Arrange potatoes on a baking sheet lined with parchment paper; sprinkle with sea salt and black pepper. Bake for 25-30 minutes, turning once half way through.
4. While potatoes are cooking, cook rice according to package instructions.
5. Fluff rice with a fork and fold in corn. Halve tomatoes, chop onion and avocado, and slice lime into wedges.
6. Spoon the rice mix into 1/4 of a large serving bowl or platter, then add remaining ingredients as pictured.
7. Add all dressing ingredients to a blender and blend until mixture is well combined and thin; add more water if needed. Drizzle over salad.
8. Serve immediately.



#### Nutrition

Calories: 445kcal | Carbohydrates: 71g | Protein: 9g | Fat: 16g | Saturated Fat: 2g | Sodium: 714mg | Fiber: 14g | Sugar: 8g

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Equipment Needed:

Serving bowls

Pastry spatula

Sauce pan

Stove

Oven

Wire whisk

Small saute pan

Knife

Cutting board

**Advance preparation to be completed prior to class:**

- Measure ingredients for recipes and have ready
- Cook Cous Cous