

# CITRUS CONFETTI COUSCOUS

Vegetable-Grains-Salads

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 qts		1½ gal	<p>1. In a large saucepan heat water to a boil. Add couscous, turmeric, and black pepper and cover. Turn off heat and let sit covered for 5 minutes. Fluff with fork and let sit.</p> <p>2. In a large bowl combine chickpeas, oranges, onion, and raisins.</p> <p>3. In a separate bowl whisk together orange zest, lemon juice, olive oil, and chives. Pour dressing over chickpeas mixture in bowl. Once mixed, fold in the cooled couscous.</p> <p>4. Cover and refrigerate at least 1 hour before serving.</p>
Couscous, whole wheat		2½ qts		5 qts	
Turmeric, ground		2 T		¼ C	
Black pepper, ground		2 tsp		1 T plus 1 tsp	
Chickpeas, canned, drained	6½ lb		13 lb		
Mandarin oranges, canned, drained	48 oz		96 oz		
Onion, red, small, diced		3½ C		7 C	
Raisins, seedless		1 qt		2 qts	
Orange zest, minced		⅓ C		⅔ C	
Lemon juice		1½ C		3 C	
Olive oil		⅔ C		1½ C	
Chives, dry		2 T		4 T	

Serving	Yield	Volume
1 cup salad mixture	50 Servings:	50 C
Each serving provides ½ cup fruit/vegetable and 1 serving grains/ breads.	100 Servings:	100 C

Nutrients Per Serving					
Calories	311 kcal	Saturated Fat	0.6 g	Iron	3 mg
Protein	10 g	Cholesterol	0 g	Calcium	52 mg
Carbohydrate	60 g	Vitamin A	255 IU	Sodium	95 mg
Total Fat	4.8 g	Vitamin C	10 mg	Dietary Fiber	8 g

**Notes**

Recipe source: Produce for Better Health Foundation.

