

Arugula Tabbouli

Serves 8

2 cups couscous
3 cups boiling water
2 Tbsp olive oil
1 tsp sea salt
2 cups chopped flat leaf parsley
1 bunch green onions, finely sliced
2 cups arugula, chopped
½ cup sun-dried tomatoes, thinly sliced
½ cup extra virgin olive oil
½ cup freshly squeezed lemon juice
Salt and pepper to taste

Method:

Up to a day in advance: place couscous into a bowl large enough to contain the first four ingredients. Sprinkle couscous with salt and drizzle with olive oil. Add boiling water all at once, stir, cover with plastic wrap and let stand for ten minutes.

When mixture has reached room temperature add parsley, green onions, arugula and sun-dried tomatoes to the couscous. Dress with lemon juice and additional olive oil. Season to taste.

Optional:

1 cup crumbled feta cheese, cherry tomatoes or fresh chopped tomatoes can be substituted for sun-dried tomatoes. Sorrel can be substituted for arugula (decrease lemon juice to ¼ cup).

(By Chef Dan Brophy, Summer Cooking With Herbs Series 2012, Portland Nursery / Stark)