



Makes 14 cups
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

1 15-oz. can no-salt-added chickpeas, drained and liquid (aquafaba) reserved

¼ cup + 1 tablespoon lemon juice

2 teaspoons lemon zest

2 teaspoons chopped fresh thyme

1 teaspoon coarse ground mustard

2 teaspoons ground cumin

1½ lb. multicolor carrots, peeled and trimmed (cut large carrots in half lengthwise)

1 tablespoon harissa spice blend (not oil-based paste)

1 teaspoon ground coriander

½ teaspoon ground cinnamon

1½ cups dry whole wheat couscous

⅓ cup chopped dates

Sea salt and freshly ground black pepper, to taste

6 cups shredded red cabbage

4 scallions, sliced

½ cup pomegranate seeds

Harissa Roasted Carrot Salad with Couscous

This flavorful and brightly colored salad deserves a spot on your holiday table, and because it features a base of chickpeas and couscous, it's also substantial enough for a plant-based entree. Multicolor **carrots** get oh-so-flavorful when coated in lemon juice and harissa seasoning and roasted until perfectly sweet. Thinly sliced cabbage adds crunch, while **pomegranate seeds** scattered atop are the crowning jewels of this crowd-pleasing salad. A peppery, oil-free lemon dressing, infused with thyme, mustard, and cumin, ties it all together.

Tips

Harissa seasoning. Originally from Tunisia, this North African spice blend made with chiles, warming spices, and tomato paste, can be found in most stores or online. You can also **make your own harissa seasoning**.

For more inspiration, check out these tasty ideas:

- [Cardamom Roasted Carrots with Pomegranate Seeds](#)
- [Harissa Cauliflower Steaks with Date Couscous](#)
- [Harissa-Roasted Potato Salad](#)
- [Harissa Hummus](#)

By Nancy Macklin, RDN

- 1 To make Lemony Dressing, in a small bowl whisk together ½ cup aquafaba, ¼ cup lemon juice, the lemon zest, thyme, mustard, and ½ teaspoon of the cumin. Dressing can be refrigerated until ready to serve.
- 2 Preheat oven to 400°F. Line a 15×10-inch baking pan with parchment paper or a silicone baking mat. Place carrots in a single layer in pan. In a small bowl combine the remaining 1 tablespoon of lemon juice with harissa spice blend, and 2 tablespoons water. Brush over carrots. Cover loosely with foil. Roast 40 to 45 minutes or until carrots are just tender.
- 3 In a large saucepan combine the remaining cumin with coriander, cinnamon, and 2¼ cups water. Bring to boiling. Stir in couscous, chickpeas, and dates. Remove from heat, cover, and let stand 5 minutes. Fluff with a fork. Season with salt and pepper. Spoon onto a shallow serving platter to cool.
- 4 To assemble the salad, top couscous mixture with cabbage and roasted carrots. Drizzle with Lemony Dressing and sprinkle with scallions and pomegranate seeds.