



Makes 8 cups
Preparation Time: 15 minutes
Cook Time: 20 minutes

INGREDIENTS:

½ cup dry whole wheat couscous
couscous

2 cups kale, thinly sliced

1 large peach, cut into ½-inch
wedges

1 cup seedless grapes, halved

½ cup dried apricots, chopped

2 tablespoons pumpkin seeds

2 tablespoons apple cider
vinegar

1 tablespoon extra-virgin olive
oil (optional, [learn more](#))

¼ teaspoon sea salt

Freshly ground black pepper, to
taste

Couscous and Kale Breakfast Salad

Though it makes for a great breakfast salad, this sweet-and-savory medley can be enjoyed any time of day. Serve it at room temperature for a lazy brunch, or make it the night before and chill in the fridge for a quick, cool morning meal. No peaches? Feel free to get creative and substitute another fruit in season, such as orange, kiwi, blueberries, plum, or persimmon.

Tips

Optional oil: This is a [Forks Flex Recipe](#), which means it includes a small amount of optional oil. If you include the oil, you'll add approximately 60 calories, 7 g total fat, and 1 g saturated fat per serving.

Like this recipe? Check out our [Layered Vegetable Salad](#), a great take-along dish for potlucks.

By Darshana Thacker Wendel

- 1** In a small saucepan bring 2 cups water to boiling. Stir in couscous; remove from heat. Cover and let stand at least 15 minutes. Drain off any remaining liquid and fluff couscous 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 to couscous; cool 5 minutes.
- 3** For oil-free: Add the next five ingredients (through vinegar) to couscous mixture; toss to combine. (If using oil: Add the next six ingredients, through olive oil, to couscous mixture; toss to combine.) Add salt and season to taste with pepper. Serve at room temperature or chilled.