

## **Couscous and Lentil Salad**

1 cup green lentils  
1 cup whole wheat couscous, dry  
½ cup fresh lemon juice  
3 tablespoons raspberry balsamic vinegar  
¼ cup olive oil  
2 garlic cloves, minced  
4 scallions, white and green parts, chopped  
1 pint cherry tomatoes  
2 T fresh basil  
1 T fresh parsley  
Sea salt (optional)  
1 avocado  
2 cups fresh arugula  
¼ cup low fat feta (optional)

Cook lentils according to package. Run under cold water and drain. Prepare couscous according to box instructions. Mix lentils and couscous. Allow to cool. Whisk lemon juice, vinegar, oil and garlic in small bowl. Pour over lentils and couscous and mix well. Add scallions, cherry tomatoes, basil and parsley. Season with salt. Mix in arugula, avocado and feta cheese. Serve.

Makes 6 (1 cup serving)

*Calories 340 Total Fat 16g Protein 12g Carbohydrates 41g Fiber 10g Sodium 90mg*