

# Joy of Living Cooking School

## August 2021 No Cooking Required!

### Mediterranean Couscous Salad (8 Servings)

- 2 cups Couscous
- 2-1/2 cups Vegetable Broth (low sodium)
- 1/2 cup Lemon Juice
- 1 can Garbanzo Beans (low sodium), drained and rinsed
- 1/2 Red Onion, diced
- 1 Large Tomato, diced
- 1 Red Bell Pepper, seeded and diced
- 1 English Cucumber, diced
- 1/2 cup Olives (water packed), drained and chopped
- 1/2 cup Parsley, chopped
- 1/4 cup Mint, chopped



Nutrition Facts	
Servings: 8	
Amount per serving	
<b>Calories</b>	<b>266</b>
% Daily Value*	
Total Fat 2.8g	4%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 279mg	12%
Total Carbohydrate 49.2g	18%
Dietary Fiber 6.4g	23%
Total Sugars 4.6g	
Protein 11.1g	
Vitamin D 0mcg	0%
Calcium 61mg	5%
Iron 3mg	15%
Potassium 431mg	9%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by **verywell**

Add couscous to a large heatproof bowl. Pour the vegetable broth into a microwave safe container.. Heat on high until very warm (about 5 minutes). Pour the hot broth over the couscous and mix thoroughly combined and cover tightly with plastic wrap to capture the steam. Set aside for five minutes. Remove the wrap and fluff the couscous with a fork to break up any clusters. Add the remaining ingredients and mix thoroughly. Allow to marinate for 30 minutes.

Serve at room temperature or chilled.

### Asian Lettuce Wraps (8 Servings)

#### Filling

- 1 cup Red Cabbage, shredded
- 1 cup Carrots, shredded
- 1 Red Bell Pepper, seeded and cut into thin strips
- 1 cup Frozen Shelled Edamame, thawed
- 1/2 cup Cilantro, chopped
- 1/4 cup Bragg's Liquid Aminos
- 3 tablespoons Lime Juice
- 2 tablespoons Sesame Seeds



Nutrition Facts	
Servings: 8	
Amount per serving	
<b>Calories</b>	<b>117</b>
% Daily Value*	
Total Fat 7.8g	10%
Saturated Fat 1.2g	6%
Cholesterol 0mg	0%
Sodium 298mg	13%
Total Carbohydrate 9g	3%
Dietary Fiber 2.6g	9%
Total Sugars 2.9g	
Protein 6.2g	
Vitamin D 0mcg	0%
Calcium 58mg	4%
Iron 1mg	6%
Potassium 168mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by **verywell**

#### Dipping Sauce

- 3 tablespoons Peanut Butter (all natural, no salt added)
- 2 tablespoons Bragg's Liquid Aminos
- 1/4 teaspoon fresh Ginger, grated (or 1/8 teaspoon ground)
- 1 clove Garlic
- 1/4 cup water

Lettuce leaves, washed and dried

Combine all filling ingredients in a large bowl and allow to marinate for five minutes. Combine all dipping sauce ingredients in a blender and process until smooth. Adjust consistency as needed with more or less water. Fill the lettuce leaves with filling. Serve the dipping sauce on the side.

Serve immediately.