

Maftoul Salad



Light, fluffy, and delicious! This delectable salad recipe highly nutritious, very filling and makes a perfect dish for a buffet or potluck. Can be served cold or at room temperature.

Ingredients:

(Serves 8-10 people)

1 pound (500 g)/2 packs of [Canaan Maftoul \(couscous\)](#)

1/4 cup of Canaan [Nabali/Rumi Organic EV olive oil](#)

1-cup raisins

1 onion, 1/4-inch dice

1 bunch green onions (scallions), 1/4-inch chop

1 bunch parsley, finely chopped

2 pieces fresh red cayenne or chili peppers, sliced thin

1 lemon, juiced

1 teaspoon of black pepper, freshly ground

1-teaspoon of [Canaan Za'atar spice mix](#), Herbs de Provence or favorite spice mix.

Prepare the Maftoul and set aside on tray to cool:

For one pound of Maftoul, bring 4 cups of water and one tablespoon of salt to boil, toast 1 pound Maftoul in 2 tablespoons of olive oil for 4 minutes on medium-high heat, add toasted Maftoul to hot water and let simmer for 12 minutes. Fluff with a fork and spread on tray to cool.

Meanwhile, add cup of water to cup of raisins and simmer in a pan for 10 minutes. Then let cool and drain. Sauté onions in 1 teaspoon of olive oil, and let cool. Combine green onion, parsley, and hot peppers in a bowl.

Mix Maftoul salad:

In the bowl of cooked maftoul, add raisins, both kinds of onions, parsley, hot red pepper, 1/4 cup of olive oil, lemon juice, pepper and spice mix. Mix together and serve in small salad bowls.

Note: any hot red or green pepper will work, OR substitute Canaan Fair Trade [chili infused olive oil](#) for some of the oil, and use chopped sweet red peppers for the color.

“Sahha w Afyeh” – Bon Appetit!