



Tabouleh-Style Egg and Vegetable Salad

Enjoy this hearty, flavourful salad recipe, which comes courtesy of the Egg Farmers of Ontario.

300 mL (1 1/4 cups) chicken or vegetable broth
4 eggs, lightly beaten
300 mL (1 1/4 cups) couscous
150 mL (2/3 cup) regular or low-fat Italian salad dressing
25 mL (2 tbsp) fresh lemon or lime juice
5 mL (1 tsp) chili powder
500 mL (2 cups) diced fresh vegetables (cucumber, carrot, sweet pepper, celery, zucchini or seeded tomato)
25 mL (2 tbsp) chopped fresh cilantro, mint or parsley
Salt and pepper, to taste

In a large saucepan, bring broth to a boil. Slowly add eggs in a steady stream, whisking constantly. Cook for a minute or two, whisking constantly, just until eggs are set. (They will look curdled.) Remove saucepan from heat and stir in couscous. Cover and let stand for 5 minutes. Meanwhile, in a small bowl or cup, combine salad dressing, lemon juice and chili powder, stirring well to break up any lumps of chili powder. When couscous has stood for 5 minutes, stir it to separate grains and break up any clumps. Stir in vegetables and cilantro. Pour dressing over couscous mixture and toss until well combined. Season with salt and pepper. Serve warm or cover and chill until ready to serve. Serves 4 to 6.