

Food Trends

Fun, Fresh, Healthy Salad

(NAPSA)—A big help in putting your family meals, parties and cookouts on the fast track to fun, easy entertaining can be couscous, a tiny pasta that cooks in just five minutes.

Original, whole wheat and tri-color couscous is available from RiceSelect. This versatile ingredient can be excellent in side dishes, entrées and salads such as this:



This smart salad offers a new twist on a popular food.

Confetti Couscous Salad

Yield: 4 servings

- 1 cup water
- 1 cup RiceSelect Couscous
- ½ cup celery, chopped
- ½ cup carrots, shredded
- ¼ cup green onions, finely sliced
- ½ cup dried cranberries
- ¼ cup sliced almonds
- ¼ cup balsamic vinaigrette (or favorite salad dressing)

In saucepan, bring water to a boil. Stir in couscous; cover and remove from the heat. Let stand for 5 minutes. Fluff with a fork; cool. When couscous has cooled, combine with all remaining ingredients except for almonds. Mix well; chill until ready to serve. Add almonds just before serving.

For further facts, tips and recipes, go to www.riceselect.com or call (800) 993-7423.