**Cous Cous Salad  
Produce**

garlic (if needed)

1 sweet onion

fresh basil leaves (if needed)

1 bunch fresh parsley

3 baby summer squash or 2 baby zucchinis

1 cucumber

1 red bell pepper

one 9 oz. bag sliced cremini mushrooms

3 Roma tomatoes

2 fresh apricots or other available fresh fruit

**Canned/Dried Foods**

one package or 6 oz. Cous Cous

one 15 oz. can garbanzo beans

one 15 oz. can artichoke hearts

low sodium vegetable broth (if needed)

balsamic vinegar (if needed)

low sodium soy sauce (if needed)

pitted Kalamata olives (if needed)

white wine to cook with (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

crumbled feta cheese