**Tomato Couscous Salad**

Ingredients

* 6 cups dried couscous cooked

For each cup of dry **couscous**, use 1 1/2 cups of water. Bring to **boil** in saucepan. Add 1/2 tsp. salt to the water and a little olive oil or butter if desired, to add moisture. Pour 1 cup **couscous** into boiling water, stir once with a spoon, cover with a lid, and remove from heat.

* 7 cups canned chickpeas rinsed and drained **[OR other item like squash when available]**

The microwave oven does a beautiful and quick job of cooking squash. For smaller squash (about 1-2 pounds), cut squash in half and remove seeds; place cut side down in a glass dish (fit 6 halves at time maybe). Add 1 to 2 tablespoons of water; microwave on high for 6-9 minutes or until tender, turning once. Do this for as many times as needed to cook all squash. Let cool then scoop out in small spoonfuls to add to salad :)

* 7 cups of chopped mixed tomatoes
* 2 bunches cilantro washed, spun dry and chopped (remove stems)
* feta cheese, crumbled

Dressing

* 1 1/4 cups minced red onion
* 1 1/4 cups chopped fresh parsley
* 3/4 cup red wine vinegar
* 3/4 cup lemon juice
* 3/4 cup tablespoon extra virgin olive oil
* Salt & pepper to taste

**Preparation**

Combine all ingredients **including dressing** and store in container for Thursday