



## Apricot Chia Couscous

Slightly sweet & somewhat mild, you can use this easy couscous as a side with your favorite chicken or pork. Radishes add great color and a little bit of peppery flavor. The chia keeps this dish from feeling too light, and it's served over a bed of healthy greens. This makes 4 servings (as a side dish).



### Dry Ingredients

2/3 cup couscous  
1 stalk celery  
12 snipped dried apricots  
5 to 7 radishes  
1/2 of a zucchini  
1/2 tsp fresh grated ginger  
1 tbsp dry MySeeds Chia Seeds  
2 cups your choice of garden greens

### Wet Ingredients

1 cup filtered water (for couscous)  
1 tbsp orange marmalade  
1 tbsp orange juice concentrate  
2 tbsp olive oil  
2 tbsp white balsamic vinegar



In a medium saucepan, bring the water & orange juice concentrate & olive oil to a boil. Stir in the couscous and remove from heat. Let stand 6 minutes, then add the 1 tablespoon of dry MySeeds Chia, fresh grated ginger & 2 tbsp of white balsamic vinegar. Stir to combine. Last, add the marmalade & stir again.

With kitchen shears (or a knife) snip the dried apricots into quarters. Dice the celery, and slice the radishes into thin rounds. Cut the zucchini into bite size pieces.

Fluff the couscous with a fork, and add all of the chopped vegetables. Stir to mix, and you're almost ready to serve. Use 1/2 a cup of your choice of garden greens for each serving. (Romaine & spinach shown here) Place the couscous mixture on top of the greens & this super side dish is finished!

### Variations:

Make it a meal! Add cubed chicken breast & garbanzo beans and divide into only 2 servings.

Need crunch? Almonds are excellent with these flavors

Not spicy enough? Shake a few red pepper flakes over this before serving, and cut the radishes into wedges instead of thin slices (shown above)

## The Radish & Your Liver

Did you know that radishes are good for your liver? They have a variety of sulfur-based chemicals that increase the flow of bile. Bile is secreted from the liver & gallbladder to help digest food. Raw radishes, as seen here, have more vitamin c than when cooked. So eat fresh & crisp for the best vitamin C & spicy flavor.