

Grain Salad with Turkey and Fennel
(serves 4)

1 1/2 C couscous (set aside 1/2 C cooked for dinner)
1 1/2 C chicken stock or water
1 T olive oil
3/4 lb. ground turkey
2 T chopped white onion
2 garlic cloves sliced
2 T fennel seed
1 lemon zested
1 tsp. ground coriander
1 c. broccoli florets
3 T lemon segments
S and P to taste

1. Place couscous in bowl and bring chicken stock to a boil. Pour over couscous, cover with plastic and let stand for 15 minutes.
2. In large sauté heat 1 T olive oil over medium heat. Stir in onion and garlic and cook for 3 minutes. Add fennel seed, lemon zest, and coriander and stir for 1 minute. Add turkey and cook for 4 more minutes or until completely cooked through. TASTE.
3. Bring a small pot of salted water to a boil and drop in broccoli florets. Cook for 2 minutes and strain.
4. Mix together the couscous, turkey meat, lemon segments, and broccoli florets, TASTE and serve warm.