



## Caribbean Pork and Couscous Salad

2 boneless pork chops, cut into 3/4-inch cubes  
1 tablespoon Caribbean-style rub\*  
1 10-oz. package couscous  
2 cups boiling water  
1/2 teaspoon salt  
1/2 cup dried cherries  
4 green onions, sliced  
2 oranges, peeled and sliced  
1 medium cucumber, sliced  
4 tablespoons olive oil  
2 tablespoons orange juice  
Zest of 1 orange  
1 1/2 teaspoons brown sugar  
Salt and pepper, to taste  
2 tablespoons chopped pecans

### Cooking Directions

In plastic bag, shake together the pork cubes and Caribbean rub to evenly coat the pork. Skewer pork and grill over medium-hot fire for 8 minutes, turning occasionally to brown evenly.  
Meanwhile, in large bowl combine couscous and boiling water and 1/2 teaspoon salt; let sit 5 minutes. Stir cherries and green onions into couscous. Arrange cucumber slices around the edge of four dinner plates; equally portion couscous mixture onto plates; topping with orange slices and pork cubes.  
Stir together oil, orange juice, orange zest, brown sugar; season with salt and pepper. Drizzle over salads and garnish each salad with some chopped pecans.

Serves 4

\*Or combine 4 teaspoons ground allspice, 1 tablespoon each dried thyme and paprika, 1 teaspoon each cayenne, garlic powder, onion powder, salt and 1/4 teaspoon black pepper.

### Serving Suggestions

Grilled pork kabobs seasoned Caribbean-style top a lively couscous salad topped with fruit and tangy vinaigrette. This makes a satisfying summer supper or hearty lunch with some warmed crusty bread to complete the meal.

### Nutrition Facts

<b>Calories</b> 410 calories	<b>Protein</b> 16 grams
<b>Fat</b> 19 grams	<b>Sodium</b> 1690 milligrams
<b>Cholesterol</b> 35 milligrams	<b>Saturated Fat</b> 3 grams
<b>Carbohydrates</b> 51 grams	<b>Fiber</b> 5 grams

*Courtesy of the National Pork Board*