



## Challenge Day 11

# Chew's Challenge



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## Couscous Tabbouleh

### Ingredients

- 1 1/2 cups whole-wheat couscous
  - 1/2 teaspoon salt
  - 2 cups boiling water
  - 1/2 cup packed fresh mint leaves
  - 2 teaspoons extra-virgin olive oil
  - 1/4 teaspoon freshly cayenne pepper
  - 4 scallions, coarsely chopped
  - 1 cup cherry tomatoes
  - 1/2 cup lime juice
  - 1/2 cup vegan shredded cheese
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## Soy Oat Burgers

### Ingredients

- 2 cups soybeans, soaked
- 1 1/2 cup cold water
- 1/4 tsp italian seasoning or oregano
- 1/4 tsp celery salt
- 1 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1 tsp salt (or to taste)
- 1 1/3 cup quick oats (stir in last)

