

Summer Vegetable Couscous

serves 6 to 8

Ingredients

3 cups good chicken stock, preferably homemade

good olive oil

1 1/2 teaspoons ground turmeric

1 1/2 teaspoons ground cinnamon

1 1/2 teaspoons ground ginger

kosher salt and freshly ground black pepper

2 cups couscous

¼ cup golden raisins

¼ cup diced dried pitted dates

1 medium zucchini, ¼-inch-diced

2 carrots, ¼-inch-diced

½ red onion, ¼-inch-diced

½ cup canned chickpeas, rinsed and drained

¼ cup freshly squeezed lemon juice (2 lemons)

½ cup blanched sliced almonds, toasted



Procedure:

Place the chicken stock, 2 tablespoons olive oil, the turmeric, cinnamon, ginger, 1 teaspoon salt, and ½ teaspoon pepper in a large saucepan and bring to a boil. Off the heat, stir in the couscous, raisins, and dates; cover, and set aside for 15 minutes.

In a large bowl, combine the zucchini, carrots, red onion, and chickpeas. Fluff the couscous with a fork and add it to the vegetables.

Whisk together the lemon juice and ¼ cup of olive oil and pour it over the couscous. Carefully fold in the toasted almonds, taste for seasonings, and serve at room temperature. The flavors will meld the longer it sits.

- To toast almonds, place them in a small saute pan over low heat and cook for 5 to 7 minutes, tossing frequently, until lightly browned.
- Prepare the couscous completely, cover, and refrigerate for up to 2 days. Serve at room temperature.

Source: "Make it Ahead" by Ina Garten (Barefoot Contessa cookbook)

Shared by: Jennifer Booker, RWW volunteer

Note from Jennifer: I like this recipe particularly because it can be made ahead and lasts several days, so you can make a big batch, (perfect for potlucks)! I sometimes add other ingredients like sundried tomatoes, and have also used pine nut couscous instead of traditional ones.