



Israeli Couscous Salad with Roasted Vegetables

Large couscous is a pasta that’s shaped like tapioca pearls. It is usually labeled Israeli couscous, or Italian couscous if it’s toasted. Either one, combined with oven-roasted vegetables, makes a refreshingly new, versatile side dish to accompany a main course. Couscous tastes best served at room temperature on the same day it’s made. In the winter, serve this just after the vegetables are roasted and are still warm. Dice all of the vegetables approximately the same size—about 1/2 inch.

From “Raising the Salad Bar” by Catherine Walthers, Lake Isle Press, 2007

INGREDIENTS

SALAD

- 1 medium zucchini, diced
- 1 medium yellow squash, diced
- 1 red bell pepper, cored and diced
- 1 yellow bell pepper, cored and diced
- ½ red onion, diced
- 2 cloves garlic, halved lengthwise (do not peel)
- 3 tablespoons olive oil
- Salt and pepper
- ½ pound Italian or Israeli couscous
- 2 tablespoons minced parsley

DRESSING

- Grated zest of 1 lemon
 - 2 tablespoons fresh lemon juice
 - 1 tablespoon olive oil
 - Salt and pepper
- Serves 4-6*

VARIATIONS

For eggplant lovers, add a small eggplant, peeled and diced the same size as the other vegetables, and use a bit more olive oil for roasting. Other good additions include chickpeas, cubed feta cheese, baby spinach and pine nuts.

PREPARATION

1. Preheat the oven to 375°. Divide the zucchini, yellow squash, bell peppers, red onion and garlic cloves between two baking sheets (don’t crowd the vegetables or they will steam instead of roast) and drizzle with 2 tablespoons of the oil. Mix well. Season with salt, and bake until vegetables are tender and beginning to brown, about 25 to 30 minutes.
2. Meanwhile, cook the large couscous in a large pot of boiling salted water, according to package instructions. Drain well and add 1 tablespoon of the oil. Shake strainer to incorporate oil and let couscous cool.
3. Remove the roasted garlic cloves from the baking sheet and remove their skins. In a small bowl, mash the garlic with a fork. Add the dressing ingredients: lemon zest, lemon juice, 1 tablespoon oil, and salt and pepper. Transfer pasta to a large serving bowl or platter and mix with the dressing. Stir in the vegetables and parsley, and adjust the seasonings if necessary.



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