



israeli couscous salad with roasted vegetables

Looking for the perfect lunch recipe? This Israeli Couscous Salad with Roasted Vegetables delivers the best bites, full of chewy and nutty couscous, sweet roasted vegetables, tangy Feta and fresh herbs.

SERVES: 6-8



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ingredients

Roasted Vegetables

- 2 cups peeled and cubed butternut squash
- 2 large red bell peppers, diced
- 2 small zucchini, diced
- 1 1/2 cups canned chickpeas, rinsed and drained
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 large garlic clove, minced
- 1 tsp dried oregano
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 1 sprig fresh rosemary

Couscous

- 1 tbsp butter
- 1 3/4 cups Israeli couscous
- 1 tsp lemon zest
- 3 cups chicken broth
- 3/4 cup crumbled feta cheese
- 1/4 cup chopped fresh mint
- 2 tbsp olive oil
- 2 tbsp balsamic vinegar

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directions

1. For the roasted vegetables, preheat oven to 450°F. Coat a large baking sheet with non-stick cooking spray.
2. In a large bowl, combine squash, red peppers, zucchini and drained chickpeas. Toss with 2 tbsp olive oil, 1 tbsp vinegar, garlic, oregano, salt and pepper. Spread vegetable mixture on prepared baking sheet and lay rosemary sprig in the center. Roast for 30-35 minutes or until the vegetables are tender and browned, stirring every 10 minutes. Remove rosemary and set vegetables aside.
3. For the couscous, in a large saucepan, melt butter over medium-high heat. Add couscous and lemon zest and sauté for 2 minutes. Add broth and bring to a boil. Reduce heat to medium-low, cooking uncovered until couscous is tender, 10-12 minutes. Strain excess liquid and set aside.
4. In a large bowl, stir together roasted vegetables, cooked couscous, feta, mint and remaining 2 tbsp olive oil and 2 tbsp balsamic vinegar. Serve at room temperature or cover and refrigerate for 2 to 8 hours.

“Couscous - the food’s so nice they named it twice.”

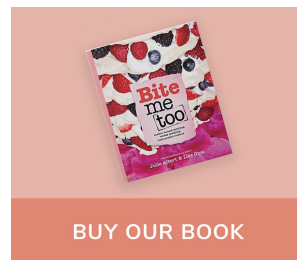
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