

Build Your Own

Couscous Bowl



Licking Memorial Hospital | Culinary Services

Build Your Own Couscous Bowl (4 Servings)

Ingredients:

- 1 cup Israeli-style couscous
- 1 Tbsp olive oil
- 1 cup eggplant, cut into 2 inch cubes
- 1 red bell pepper, cut into 2 inch dice
- 1 cup zucchini, cut into 2 inch dice
- 2 Tbsp olive oil
- 1 cup grape tomatoes, halved
- 2 cups baby spinach, washed and dried
- 1/2 cup red onion, diced small
- 1 medium garlic clove, minced
- 1/2 cup feta cheese, crumbled
- 8 to 10 medium basil leaves, torn into small pieces
- Salt & pepper

Directions for Couscous:

Bring 3 cups salted water or stock to a boil. Add 1 cup of couscous and return to a boil. Cover, reduce heat to low and simmer for 10 to 14 minutes, stirring occasionally until tender. Drain, cool, and toss with 1 tablespoon of olive oil to prevent sticking.

Directions for Vegetables:

Preheat the oven to 400 degrees F. In a mixing bowl, toss together the eggplant, zucchini, peppers and 2 tablespoons of olive oil. Season with salt and pepper. Spread out into one layer on a large baking tray. Place the tray on the highest rack inside the oven, and roast for about 15 minutes. Carefully remove the tray and shuffle the vegetables around with a flat spatula, helping to cook evenly. Return to the oven for an additional 7-8 minutes, or until evenly browned and tender. Remove from the oven and allow to cool.

To Serve:

Toss the cooked couscous with the roasted vegetables, minced garlic, diced onion, baby spinach, grape tomatoes, and torn basil. Divided into serving bowls and top with some of the feta cheese. (This dish can be enjoyed with the couscous and veggies slightly warm, or totally chilled. If chilled, a little extra salt and pepper may be necessary to bring out all the flavors.)

Optional Add-ins/Toppings:

Pesto, hummus, baba ganoush, olives, grilled chicken, grilled shrimp